



Everything Healthy Under the Sun

**Your convenient shop at home
health food service**

•
**A large selection of Brand Name Health Food Products,
and of Quality Fresh Frozen Seafood & Fish Products
through Catalogue Shopping.**

•
Inquire about our Free Delivery

•
Free Literature on Health Food Products

•
Complimentary Recipes with each order

•
Money back Guarantee on all products

•
Free Product Sampling

•
**Quality at Discount Prices
is our First Priority**

•
We invite you to call us for further information

call (416) 665-2487



Everything Healthy Under the Sun

VITALITY FOOD CENTER takes pride in only selling products of the very highest quality... And have found a way to bring this quality to your front door at the LOWEST PRICES.

Our Center operates through the convenience of telephone shopping, thus avoiding the high cost of a retail health food store and passing this significant savings on to our members. Because we would like your business, we will bring your shopping order right to your front door.

We strive to bring our members nutritious, whole foods that have been minimally processed and which contain absolutely no refined sugars, colouring, flavourings or chemical additives of any kind.

When it comes to ORGANIC products, we are especially careful to deal only with bonafide organic growers.

Our catalogue offers a very large and selective assortment of brand name Health Food products. If there is something you would like but don't see in our catalogue, just ask and we will do our best to suit your needs.

Bulk purchases are available and all full case purchases automatically save you an additional five percent off our already low prices. Save more on those items you will use regularly.

Vitality sends out a members newsletter in which you will find food product information, great recipes and current events that help shape our understanding towards healthy eating and living.

Our product line is a growing one. Any new products will be announced in your free members newsletter.

There are always choices to be made concerning nutrition as well as other aspects of a persons will-being.

A balanced person is made up of mental, physical and spiritual components, and proper nutrition develops all of these.

VITALITY FOOD CENTER is here to help you help yourself to the rewards of good eating.

Enjoy our low prices - quality products - large selection - and personable services. And please, feel free to call us whenever you have a question or suggestion.

THANK-YOU FOR SHOPPING WITH VITALITY

We invite you to call us for further information

call (416) 665-2487

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Everything Healthy Under the Sun

MEMBER AGREEMENT

- 1) Orders are placed: Monday through Friday / between the hours of 9:00am to 9:00pm.
If there is no one in the office to take your order, leave your name with the secretary and we will call you back.
- 2) Delivery days are: Wednesday / Thursday / Friday
Time and day of delivery to suit Member.
- 3) Free home delivery: Within specific boundaries.
Outside this area a five dollar delivery charge will be applied.
Our boundaries: North to South - Major Mackenzie to Davisville
East to West - Don Mills to Jane st.
- 4) Minimum orders of \$50.00 only. This is a delivery service. There are no pick-ups
- 5) Member agrees to be responsible for full payment once an order has been placed.
Orders to be paid C.O.D. by cash or cheque to VITALITY FOOD CENTER.
- 6) Should a cheque be returned for any reason, a ten dollar service charge will be applied. We request immediate certified replacement.
- 7) Prices are subject to change without notice. Prices are updated on your bill.
(Some of our products are imported and subject to currency fluctuations).
- 8) Discount of 5% on full case purchases already included in case prices.
- 9) A catalogue with binder costs the Member \$5.00 - This amount will be refunded should the Member wish to discontinue our service.
Return of the catalogue and binder will then be required.
- 10) If Member does not place an order within a two (2) month period, membership privileges may be revoked. Return of catalogue and binder will be required.
- 11) Catalogues are not to be taken into any retail health food stores. If you wish to compare prices, we suggest you make a shopping list and compare prices at home.
(Catalogue and binder remain the property of VITALITY FOOD CENTER).

We hope that these agreements are satisfactory. In order to maintain a consistency in our services, selection & low prices, these terms and conditions will avoid any possible misunderstandings.

MEMBERS SIGNATURE _____

VITALITY FOOD CENTER _____

DATE _____



Everything Healthy Under the Sun

MEMBER'S INFORMATION

†

NAME

ADDRESS

HOME PHONE NUMBER

WORK PHONE NUMBER

DATE RECEIVING CATALOGUE

DATE OF FIRST ORDER

PREFERRED ORDERING DAY

PREFERRED DELIVERY DAY

SPECIAL DIETARY NEEDS

(ADDITIONAL INFORMATION)



Everything Healthy Under the Sun

- SHOPPING MADE EASY -

PREPARING A REGULAR & WELL BALANCED SHOPPING ORDER

Placing your shopping order once a week or even once every two weeks will save you time and money. Spontaneous buying results in time and money wasted.

Our Members can avoid this inconvenience by ordering regularly. This will assure you of having a full and fresh stock of groceries at all times while avoiding the expense and inconvenience of retail health food stores.

Shopping with Vitality gives you a unique opportunity to clearly save you time & money while shopping in the comfort of your own home.

The best way to take advantage of our services is to regulate your ordering.

Many of our Members order on the same day every week or every other week. Other Members have a standing order. After a few regular orders, you will find that your stock of food is consistent with your needs, resulting in convenient & organized shopping.

**Your convenient shop at home
health food service**



Everything Healthy Under the Sun

- SHOPPING MADE EASY -

IN THREE EASY STEPS

1) PREPARING YOUR ORDER

We suggest you first take stock of your dried goods - perishables - & frozen. Pour yourself some tea and go through the different sections in the catalogue. Using the shopping list sheet provided, write down all the items you wish to include in your shopping order. Total up your price column so that you may know the total amount of your order. Your shopping list is also useful in checking your order upon arrival. In preparing your shopping order, you may want to write down any questions you may have about any of our products.

2) PHONING IN YOUR ORDER

If you have never placed an order over the phone, you may be surprised at how easy and convenient it is. Simply read off your shopping list and suggest a good time you wish to have your order delivered. We look after the rest.

3) RECEIVING YOUR ORDER

Your shopping order will arrive at your front door at the time & day confirmed. Your order arrives neatly arranged and the bill is organized and complete. Once you have checked your order and are satisfied, pay the driver and your shopping is complete.

Once you've become fully familiar with the Vitality concept, you will come to think of it as the standard by which all others are measured. Even the most critical buyer will find that on a consistent basis, they cannot do better.

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Everything Healthy Under the Sun

FREE PROMOTIONAL ITEMS

Vitality is offering our Members 1 free item listed below for orders over \$70 during the months of June and July.

At the end of placing your order - just tell us the code number for the item you wish.

- A) Edensoy Soy Beverage - 1 Liter
1150-T Original, 1151-T Vanilla, 1152-T Carob
- B) Celestial Seasoning Herbal Tea
Chose one free box (not exceeding \$2.82) - please give code number.
- C) Ancient Harvest Quinoa Pastas
1432-S Flats, 1433-S Rotini, 1434-S Wheat Free Elbows
- D) Westbrae - The Uncommon Ramen (Soup)
Chose one - please give code number.
- E) Soy City Food
9040-G Falafel (Frozen)
- F) Kenn-Marc Dairy Frozen Yogurt Ice Cream
Chose one of any 1 liter- please give code number.
- G) Rice Dream Non-Dairy Frozen Dessert
Chose one of any 500 ml.
- H) Sprout Delights Brownies
8830-D Chocolate, 8831-D Carob
- I) Casbah - Pilaf (section 4)
Chose one - please give code number.
- J) Fantastic Foods
Nature's Burger Mix 5013-F

*** NO SUBSTITUTIONS PLEASE ***

We hope this promotion will give you the opportunity to try items you normally would not buy. Compliments of Vitality Food Center.

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Everything Healthy Under the Sun

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PLEASE NOTE

K = Kosher Product / * = Full Case Purchase Only / Bulk = Full Case

Orders may be placed Monday through Friday between 9am to 9pm.
If there is no one in the office to take your order, leave your
name with the secretary and we will call you back.

THANK YOU FOR SHOPPING WITH VITALITY

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VITALITY FOOD CENTER

SHOPPING LIST

DATE:

CODE #

PRODUCT DESCRIPTION

QUANTITY

PRICE

(✓)

(TOTAL)



Everything Healthy Under the Sun

WHAT MAKES ORGANICALLY PRODUCED FOOD BETTER?

ORGANIC agriculture applies ecologically sound principles to farming. The organic farm is a diverse place with a rich variety of crops, animals and production methods; a self-contained ecosystem. The organic farmer works with these natural relationships to maintain soil quality and environmental balance. Some specific characteristics of organically grown food are:

- Neither artificial pesticides nor artificial fertilizers are used.
- Nutrients are recycled within the farm by using only natural inputs.
- Pests are controlled by growing many crops together and by using natural pest control methods.

Many studies have shown that organic food is nutritionally superior. For example, one study showed that organically grown spinach, potatoes and carrots were often 50% higher in vitamin C, Phosphorus and Iron than their non-organic counterparts. The organic approach to producing food provides solutions to many of the problems central to current agricultural practice. Organic agriculture is healthy, environmentally safe, ecologically compatible, socially conscious and economically just. This represents better food for a better society.



Everything Healthy Under the Sun

GOOD REASONS FOR BUYING ORGANIC FOOD

VITALITY FOOD CENTER takes pride in only selling products of the very highest quality. So when it comes to ORGANIC products we are especially careful to deal only with bonafide organic growers.

ARTIFICIAL PESTICIDE use is thought to be essential to food production. It is not. It's actually causing more problems than it solves.

Pesticides are really poisons, and each time they are used they do much more than kill a specific pest. Pesticide residue will remain in the food you eat even after you wash it. It accumulates in farm soils and the natural environment where it contaminates every living creature. During the many years all this is happening, the target pests become increasingly resistant to each pesticide that is used. The result is increasing amounts of new chemical pesticides that will only further damage the environment and threaten human health.

ARTIFICIAL CHEMICAL FERTILIZERS are also more of a problem than they are a solution. It's only function is to make food grow faster by providing only three nutrients to the crop: nitrogen, phosphorus and potassium. Plants need many other nutrients in much smaller quantities in order to produce enough of the nutritional and taste compounds needed.

Chemical fertilizer use also decreases the ability of the soil to retain nutrients and to resist soil erosion from wind and water.

As a result, the food produced by conventional production is of a sub-standard quality in nutrition and taste.

Our modern agriculture system is riddled with many serious problems. By purchasing organic food you are supporting a system which produces healthier food and is economically, environmentally and socially more sensible.

As a consumer, you can join others in effecting change by spending your food dollar wisely. Organic food offers practical solutions to the problems with the current food system. It is food production with the future in mind.

In purchasing organic food you pay for quality, flavour and nutrition... not chemical residues.

DAILY BAKED GOODS

- ORGANIC -

<u>Product Description</u>	<u>Price</u>
<u>GRAINS NATURAL BAKERY</u>	
<u>Bread</u>	
100% Whole Wheat Bread (600g)	1.94 EA
Rye Bread (650g)	1.82 EA
Seed Bread (650g)	2.04 EA
Durum Bread (600g)	1.94 EA
Protein Bread (625g)	2.04 EA
Raisin Bread (550g)	2.15 EA
Fruit Bread (550g)	2.36 EA
<u>Special Diet</u>	
Gluten Free Bread (500g)	3.02 EA
Low Sodium 100% Whole Wheat Bread (600g)	2.15 EA
<u>Rolls</u>	
Hamburger Buns (8) 60% Whole Wheat	1.93 PK
Hot Dog Rolls (8) 60% Whole Wheat	1.93 PK
Fruit Buns (8) 60% Whole Wheat	2.15 PK
Unbleached Dinner Rolls (12) (Plain)	2.15 PK
(Poppy or Sesame)	2.26 PK
<u>Cakes</u>	
Date & Nut Loaf (550g)	4.10 EA
Banana Loaf (550g)	4.10 EA
Carrot Cake (550g)	4.10 EA
Apple Spice Cake (550g)	4.10 EA
<u>Muffins</u>	
Box of 12 Muffins, individually wrapped	9.72/BOX
*Banana*Bran*Carrot*Blueberry*Apple Spice	
*Variety Box (Variety of above)	9.72/BOX
*Combo Box (Six Bran and Six Carrot)	9.72/BOX
<u>Shortbread</u>	
Box of 6 Packages-12 cookies per package	19.36/BOX
*Honey*Pioneer*Almond*Chocolate Chip*	
Fruit 'N Honey	

NOTE: WHOLE WHEAT BREAD, SEED BREAD & RAISIN BREAD ARE
AVAILABLE UNSLICED ON REQUEST.
ALL OTHER BREADS ARE SLICED.

The Oving family bakes your daily bread... naturally!

Our family cares about your family, creating a home-baked taste you can count on, a quality you can trust. Total, healthful value for your food dollar.

At GRAINS we use certified organically grown whole wheat flours from Canadian farmers. Our commitment is to quality and purity of product because ingredients do make a difference.

100% Whole Wheat Bread

...an all-time favourite... an anytime favourite

Seed Bread

... our best seller... the dough is rolled in a mixture of poppy, sunflower and sesame seeds

Raisin Bread

... a dash of cinnamon rates this a favourite with children of all ages

Country Malt Bread

... firm-textured... enjoy the rich taste of malt



Protein Bread

... made with triticale flour... unique flavour... a good dietary source of protein

Durum Bread

... gently textured... gently digestible... an excellent transition loaf to the coarser-grained breads

Rye Bread

... a hint of caraway makes it deliciously different

Fruit Bread

... our famous fruit bun flavour now available in a loaf... made with unbleached, untreated flour

Carrot Cake

... subtly spiced... moist and delicious

Date & Nut Loaf

... delightfully different... the name says it all

Banana Loaf

... taste the fresh bananas

Whole Wheat Rolls

... delicious and wholesome

Hamburger Buns/ Hot Dog Rolls

... all-season family favourites... 60% whole wheat

Dinner Rolls

... made with unbleached, untreated flour... plain, or topped with poppy or sesame seeds

**And last but not least,
our famous**

Fruit Buns

... in a taste class all by itself, this delicacy is based on the original Dutch "krentebollen" filled with plump raisins and currants

NEW PRODUCT LIST

BAKED GOODS

<u>Code</u> <u>Number</u>	<u>Product Description</u>	<u>Case</u> <u>Size</u>	<u>Unit</u> <u>Price</u>
LIFESTREAM			
<u>Frozen Sprouted Yeasted Breads (448g ea)</u>			
8870-G	Five Seed Bread	12's	1.88 EA
8871-G	Multigrain Bread	12's	1.88 EA
8872-G	Raisin Bread	12's	2.42 EA
8873-G	Sesame Bread	12's	1.88 EA
8874-G	Sunflower Bread	12's	1.88 EA
8875-G	Wheatberry Bread	12's	1.88 EA
8876-G	Multigrain Rolls (6 per pack)	12's	2.42 EA
<u>Frozen Essene Sprouted Breads (448g)</u>			
8880-G	Carrot/Raisin Bread	12's	2.15 EA
8881-G	Cinnamon/Date Bread	12's	2.75 EA
8882-G	Fruit Bread	12's	3.29 EA
8883-G	Multigrain Bread	12's	2.21 EA
8884-G	Plain Bread	12's	1.94 EA
8885-G	Raisin Bread	12's	2.28 EA
8886-G	Rye Bread	12's	2.08 EA
8887-G	Rye Bread with Seeds	12's	2.21 EA
8888-G	Seed Bread	12's	2.21 EA

MT BAKED GOODS

Assorted Baked Goods - GLUTEN & WHEAT FREE - FROZEN

8850-G	Plain Bread (620g)	12's	4.78 EA
8851-F	Rice Buns (3 per pack/150g)	12's	2.15 EA
8852-F	Banana Muffins (4 per pack/300g)	12's	3.29 EA
8853-F	Morning Glory Muffins (4/pk-300g)	12's	4.24 EA
8854-F	Carob Chip Cookies (10/pk-250g)	12's	3.16 EA
8855-F	Coconut Cookies (10 per pack/250g)	12's	3.16 EA
8856-F	Fruit & Nut Cookies (10/pk-250g)	12's	3.43 EA
8857-F	Peanut Butter Cookies (10/pk-250g)	12's	3.16 EA

NEW PRODUCT LIST

BAKED GOODS

<u>Code</u> <u>Number</u>	<u>Product Description</u>	<u>Case</u> <u>Size</u>	<u>Unit</u> <u>Price</u>
NATURE'S PATH			
Manna Bread - CONTAINS NO ADDED OILS, SWEETENERS, FLOUR OR YEAST! ALL BREADS MADE WITH ORGANIC GRAINS - <u>SHIPPED FROZEN.</u>			
9100-G	Manna Bread - Carrot Raisin (448g)	6's	2.08 EA
9101-G	Manna Bread - Carrot, Raisin & Rye	6's	2.08 EA
9102-G	Manna Bread - Fruit & Nut	6's	3.16 EA
9103-G	Manna Bread - Millet Rice	6's	2.08 EA
9104-G	Manna Bread - Sunflower Seed	6's	2.08 EA
9105-G	Manna Bread - Whole Rye	6's	1.81 EA
9106-G	Manna Bread - Whole Wheat	6's	1.81 EA
<u>Sliced Breads</u>			
9110-G	Health Bread (504g)	12's	1.94 EA
9111-H	Old World Pumpernickel (672g)	12's	2.55 EA
9112-H	Old World Sour Dough Rye (896g)	12's	2.82 EA
9113-H	Sesame Date (560g)	12's	2.35 EA
9114-H	Soya Rice (672g)	12's	4.64 EA
9115-H	Sprouted 9 Grain Sandwich (70g)	4's	4.71 EA
9116-G	Sprouted 9 Grain (504g)	12's	1.94 EA
9117-G	Sprouted 9 Grain with Sesame (504g)	12's	1.94 EA
<u>Little Honey Cakes</u> - MADE NATURALLY WITH NO SUGAR, EGGS, OR DAIRY. CASE PURCHASE ONLY - 12 PER CASE @ \$1.03 EA.			
9130-F	Little Honey Cake - Banana Walnut (100g)		12.32 CS
9131-F	Little Honey Cake - Blueberry Zucchini (100g)		12.32 CS
9132-F	Little Honey Cake - Carrot Raisin (100g)		12.32 CS

•100% Organic
Ingredients

• No Yeast
• No Oil

Exclusive SUPERSPROUT®
sprouting process:



SPROUT DELIGHTS BAKERY

- Increases protein by up to 20%.
- Increases simple sugar, primarily Maltose, by up to 600%.
- Extraordinary flavor and wholesome, natural nutrition of the Traditional Bible Bread of the Essenes.
- SPROUT DELIGHTS products are compatible with most specialized dietary requirements.
- Carbon filtrated and reverse osmosis water.

DAILY BAKED GOODS

- FROZEN -

Code Number	Product Description	Case Size	Unit Price	Case Price
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Sprout Delights

Breads

K 8800-G	Sprouted Bread Wheat (454g)	8's	4.04 EA	31.10 CS
K 8801-G	Sprouted Bread Wheat Date (454g)	8's	4.04 EA	31.10 CS
K 8802-G	Sprouted Bread Wheat Raisin (454g)	8's	4.04 EA	31.10 CS
K 8803-G	Sprouted Bread Wheat Seed (454g)	8's	4.04 EA	31.10 CS
K 8804-G	Sprouted Bread Wheat Veggie Loaf/454g	8's	4.04 EA	31.10 CS
K 8805-G	Sprouted Bread Rye (454g)	8's	4.04 EA	31.10 CS
K 8806-G	Sprouted Bread Rye Seed (454g)	8's	4.04 EA	31.10 CS
K 8807-G	Sprouted Bread Rye Veggie Loaf (454g)	8's	4.04 EA	31.10 CS

Rolls (3 Rolls Per Bag)

K 8820-G	Sprouted Rolls Wheat Cinnamon Raisin (224g)	12's	2.55 EA	29.48 CS
K 8821-G	Sprouted Rolls Garlic (224g)	12's	2.55 EA	29.48 CS
K 8822-G	Sprouted Rolls Sesame (224g)	12's	2.55 EA	29.48 CS
K 8823-G	Sprouted Rolls Rye Onion (224g)	12's	2.55 EA	29.48 CS

Brownies

K 8830-D	Sprouted Brownies, Chocolate (84g)	24's	1.47 EA	34.01 CS
K 8831-D	Sprouted Brownies, Fudge (84g)	24's	1.47 EA	34.01 CS

A NEW Fruit Refresher!

70% REAL FRUIT JUICE SPRITZER

Product Information: Introducing R.W. Knudsen Family Carbonated Non-Alcoholic Fruit Spritzers: Mandarin Lime, Lemon Lime, Tangerine, Grape, Black Cherry in 12 oz. cans. Four flavors: Grape, Lemon Lime, Mandarin Lime and Tangerine contain 70% real fruit juice. Black Cherry has 90% real fruit juice. The percent of juice is determined by the amount of sweetness needed to deliver optimum flavor. For example, if we had used 100% grape juice in our Grape Spritzer, the Spritzer would have been far too sweet. In order to have a Spritzer you could enjoy, we reduced the amount of juice for optimum flavor and the result is 70% and 90% real fruit juice.

Each Spritzer flavor is packaged in its own color can — bright, fun colors that,

when floor stacked, make a delightful, eye-attracting display. All five flavors are packed in six-pack carriers and come in 24 units per case (4-6 packs).



R.W. Knudsen . . . For Goodness Sake!
Chico, CA

BEVERAGES

(* means sold in full cases only)

Code Number	Product Description	Case Size	Unit Price	Case Price 5% Deducted
<u>KNUDSEN (Cont'd)</u>				
<u>Spritzer (4-Pack bottles)</u>				
* 4685-S	Apple Spritzer (7.5 oz)	6x4	1.27 EA	29.33 CS
* 4686-S	Black Cherry Spritzer (7.5 oz)	6x4	1.27 EA	29.33 CS
* 4687-S	Cranberry Spritzer (7.5 oz)	6x4	1.27 EA	29.33 CS
* 4688-S	Grape Spritzer (7.5 oz)	6x4	1.27 EA	29.33 CS
* 4691-S	Grapefruit Spritzer (7.5 oz)	6x4	1.27 EA	29.33 CS
* 4690-S	Lemon Lime Spritzer (7.5 oz)	6x4	1.27 EA	29.33 CS
* 4693-S	Mandarin Lime Spritzer (7.5 oz)	6x4	1.27 EA	29.33 CS
* 4689-S	Strawberry Spritzer (7.5 oz)	6x4	1.27 EA	29.33 CS
* 4692-S	Tangerine Spritzer (7.5 oz)	6x4	1.27 EA	29.33 CS
<u>Spritzer (6-pack Cans)</u>				
* 4694-T	Black Cherry Spritzer (12 oz)	4x6	1.34 EA	30.89 CS
* 4695-T	Grape Spritzer (12 oz)	4x6	1.34 EA	30.89 CS
* 4696-T	Lemon Lime Spritzer (12 oz)	4x6	1.34 EA	30.89 CS
* 4697-T	Mandarin Lime Spritzer (12 oz)	4x6	1.34 EA	30.89 CS
* 4698-T	Tangerine Spritzer (12 oz)	4x6	1.34 EA	30.89 CS
* 4699-T	Orange Passion Spritzer (12 oz)	4x6	1.34 EA	30.89 CS
* 4700-T	Red Raspberry Spritzer (12 oz)	4x6	1.34 EA	30.89 CS
* 4701-T	Strawberry Spritzer (12 oz)	4x6	1.34 EA	30.89 CS
<u>Sport Beverage</u>				
4710-W	Lemon Recharge (1 qt)	12's	2.96 EA	34.16 CS
4711-W	Orange Recharge (1 qt)	12's	2.96 EA	34.16 CS
4712-W	Tropical Recharge (1 qt)	12's	2.96 EA	34.16 CS
<u>Herbal Iced Teas</u>				
4715-W	Classic Herbal Iced Tea (1 qt)	12's	2.96 EA	34.16 CS
4716-W	Cinnamon Herbal Iced Tea (1 qt)	12's	2.96 EA	34.16 CS
4717-W	Lemon Herbal Iced Tea (1 qt)	12's	2.96 EA	34.16 CS
4718-W	Orange Herbal Iced Tea (1 qt)	12's	2.96 EA	34.16 CS
<u>Vegetable Blends</u>				
* 4610-S	Very Veggie (8oz)	24's	1.34 EA	30.89 CS
4610-W	Very Veggie (1qt)	12's	4.04 EA	46.64 CS
4611-W	Very Veggie No Salt (1qt)	12's	4.04 EA	46.64 CS
* 4612-S	Very Veggie Spicy (8oz)	24's	1.34 EA	30.89 CS
4612-W	Very Veggie Spicy (1qt)	12's	4.04 EA	46.64 CS

BEVERAGES

(* means sold in full cases only)

Code Number	Product Description	Case Size	Unit Price	Case Price 5% Deducted
BLACK RIVER JUICES				
* 6000-S	Apple Juice (300 ml)	24's	.93 EA	21.53 CS
6000-W	Apple Juice (1.36L)	12's	2.55 EA	29.48 CS
6002-W	Apple Cherry Juice (1.36L)	12's	2.96 EA	34.16 CS
6004-W	Apple Cranberry Juice (1.36L)	12's	2.96 EA	34.16 CS
6006-W	Apple Strawberry (1.36L)	12's	2.96 EA	34.16 CS
* 6008-S	Black Nectar (300ml)	24's	.93 EA	21.53 CS
* 6010-S	Cherry Nectar (300ml)	24's	.93 EA	21.53 CS
6012-W	Cherry Juice (1L)	12's	2.82 EA	32.60 CS
* 6014-S	Cranberry Nectar (300 ml)	24's	.93 EA	21.53 CS
6016-W	Grape Juice (1L)	12's	2.55 EA	29.48 CS
6016-X	Grape Juice (2L)	6's	4.58 EA	26.44 CS
6016-Y	Grape Juice (4L)	4's	7.41 EA	28.55 CS
6018-W	Pear/Red Current Juice (1L)	12's	2.55 EA	29.48 CS
* 6020-S	Raspberry Nectar (300 ml)	24's	.93 EA	21.53 CS
* 6022-S	Strawberry Nectar (300 ml)	24's	.93 EA	21.53 CS
<u>Frozen Juices</u>				
8700-R	Apple Juice (old fashioned) (200ml)	36's	.59 EA	20.59 CS
8700-W	Apple Juice (old fashioned) (946ml)	12's	1.54 EA	17.78 CS
8700-X	Apple Juice (old fashioned) (1.89L)	6's	3.02 EA	17.47 CS
8702-R	Apple Cherry Juice (200 ml)	36's	.59 EA	20.59 CS
8702-T	Apple Cherry Juice (800 ml)	12's	1.67 EA	19.34 CS
8704-T	Apple Cranberry Juice (800 ml)	12's	2.01 EA	23.24 CS
8706-R	Apple Strawberry Juice (200 ml)	36's	.59 EA	20.59 CS
8706-T	Apple Strawberry Juice (800 ml)	12's	1.67 EA	19.34 CS
8708-S	Pure Cranberry Juice Unpast.(400ml)	24's	3.02 EA	69.89 CS
EDEN BRAND				
<u>Juices (lightly filtered)</u>				
1121-W	Pure Apple Juice (946 ml/32 oz)	12's	2.69 EA	31.04 CS
1123-W	Pure Cherry Juice (946 ml/32 oz)	12's	4.37 EA	50.54 CS
1125-W	Pure Grape Juice (1.18 Litre/40 oz)	12's	3.77 EA	43.52 CS
1127-W	Pure Prune Juice (946 ml/32 oz)	12's	2.69 EA	31.04 CS
1131-W	Apple-Apricot Juice (946 ml/32 oz)	12's	3.16 EA	36.50 CS
1133-W	Apple-Cherry Juice (946 ml/32 oz)	12's	3.23 EA	37.28 CS
1134-W	Apple-Cranberry Juice (946 ml/32oz)	12's	3.90 EA	45.08 CS
1136-W	Apple-Pineapple Juice (946 ml/32oz)	12's	3.09 EA	35.72 CS
1137-W	Apple-Raspberry Juice (946 ml/32oz)	12's	3.90 EA	45.08 CS
<u>Soy Milk(Edensoy)</u>				
K 1150-S	Original (250 ml/8.4 oz)	9x3's	.77 EA	21.60 CS
K 1150-T	Original (1L/33.8 oz)	12's	2.45 EA	30.60 CS
K 1151-S	Vanilla (250 ml/8.4oz)	9x3's	.77 EA	21.60 CS
K 1151-T	Vanilla (1L/33.8 oz)	12's	2.45 EA	30.60 CS
K 1152-S	Carob (250 ml/8.4 oz)	9x3's	.77 EA	21.60 CS
K 1152-T	Carob (1L/33.8 oz)	12's	2.45 EA	30.60 CS

BEVERAGES

(* means sold in full cases only)

Code Number	Product Description	Case Size	Unit Price	Case Price 5% Deducted
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QUALITY PRODUCTSHerbal Teas

7302-E	Peppermint (25 bags)	10's	3.23 BOX	31.07 CS
7304-E	Chamomile (25 bags)	10's	3.23 BOX	31.07 CS
7306-E	Fennel Blend (25 bags)	10's	3.23 BOX	31.07 CS
7308-E	Rose Hip Blend (25 bags)	10's	3.23 BOX	31.07 CS
7310-E	Blend Of Seven (25 bags)	10's	3.23 BOX	31.07 CS
7312-E	Relaxing Blend (25 bags)	10's	3.23 BOX	31.07 CS
7314-E	Spice Tea With 5% Ginseng (25 bags)	10's	3.23 BOX	31.07 CS
7316-E	Red Clover Blend (25 Tea Bags)	10's	3.23 BOX	31.07 CS
7320-E	Sampler Pack (20 Tea Bags)	10's	3.23 BOX	31.07 CS

SUNBURSTHerbal Aloe Juice

7380-W	Aloe Vera Juice 946 ml (32 oz)	12's	7.55 EA	87.20 CS
7380-X	Aloe Vera Juice 3.79 Litre (128 oz)	4's	24.15 EA	93.03 CS

FERNBROOK SPRING WATERWater

* 4901-Y	Fernbrook Spring Water (4 Lt)	6's	1.35 EA	8.11 CS
* 4901-Z	Fernbrook Spring Water (11 Lt)	3's	3.63 EA	10.81 CS

WESTBRAESoy Beverages-Malted

K 2920-R	Almond Malted (180 ml/6 oz)	30's	1.34 EA	38.61 CS
K 2922-R	Carob Malted (180 ml/6 oz)	30's	1.34 EA	38.61 CS
K 2924-R	Cocoa-Mint Malted (180 ml/6 oz)	30's	1.34 EA	38.61 CS
K 2926-R	Java Malted (180 ml/6 oz)	30's	1.34 EA	38.61 CS
K 2928-R	Vanilla Malted (180 ml/6 oz)	30's	1.34 EA	38.61 CS

Westsoy Original Soy Beverages

2900-S	Westsoy (250 ml)	27's	1.00 EA	25.97 CS
2900-T	Westsoy (1 Lt)	12's	3.23 EA	37.28 CS

GOOD FORTUNEGoat's Milk

5335-S	Goat's milk (236 ml)	9x3's	1.74 EA	45.28 CS
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APPLE VALLEYCider

4920-S	Sippin' Cider (3 x 250ml)	9x3's	1.98/3	17.20 CS
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BEVERAGES

Code Number	Product Description	Case Size	Unit Price	Case Price 5% Deducted
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CELESTIAL SEASONINGSHerbal Tea

7101-E	Almond Sunset (24 bags)	12's	2.82 BOX	32.60 CS
7103-E	Cinnamon Rose (24 bags)	12's	2.82 BOX	32.60 CS
7105-E	Chamomile (24 bags)	12's	2.82 BOX	32.60 CS
7106-E	Cinnamon Apple (24 bags)	12's	2.82 BOX	32.60 CS
7108-E	Cranberry Cove (24 bags)	12's	2.82 BOX	32.60 CS
7152-E	Emperor's Choice (24 bags)	12's	4.24 BOX	48.98 CS
7155-E	Ginseng Plus (24 bags)	12's	4.91 BOX	56.78 CS
7112-E	Grandmas Tummy Mint (24 bags)	12's	2.82 BOX	32.60 CS
7118-E	Island Orange (24 bags)	12's	2.82 BOX	32.60 CS
7120-E	Lemon mist (24 bags)	12's	2.82 BOX	32.60 CS
7122-E	Lemon Zinger (24 bags)	12's	2.82 BOX	32.60 CS
7124-E	Mandarin Orange Spice (24 bags)	12's	2.82 BOX	32.60 CS
7126-E	Mellow Mint (24 bags)	12's	2.82 BOX	32.60 CS
7127-E	Mint Magic (24 bags)	12's	2.82 BOX	32.60 CS
7130-E	Mo's (24 bags)	12's	2.82 BOX	32.60 CS
7128-E	Morning Thunder (24 bags)	12's	2.82 BOX	32.60 CS
7134-E	Peppermint (24 bags)	12's	2.82 BOX	32.60 CS
7136-E	Raspberry Patch (24 bags)	12's	2.82 BOX	32.60 CS
7140-E	Roast Aroma (24 bags)	12's	2.82 BOX	32.60 CS
7142-E	Rosehips (24 bags)	12's	2.82 BOX	32.60 CS
7145-E	Sleepy Time (24 bags)	12's	2.82 BOX	32.60 CS
7147-E	Spearmint (24 bags)	12's	2.82 BOX	32.60 CS
7135-E	Wild Forest Blackberry (24 bags)	12's	2.82 BOX	32.60 CS
7160-E	Sampler #1 (24 bags)	12's	3.56 BOX	41.18 CS
7161-E	Sampler #2 (24 bags)	12's	3.56 BOX	41.18 CS
7148-E	Strawberry Fields (24 bags)	12's	2.82 BOX	32.60 CS

Caffine Reduced Teas

7180-E	Lemon's + Tea (20 bags)	12's	2.82 BOX	32.60 CS
7181-E	Raspberries + Tea (20 bags)	12's	2.82 BOX	32.60 CS
7185-E	Amaretto Nights (20 bags)	12's	2.82 BOX	32.60 CS
7186-E	Cinnamon Vienna (20 bags)	12's	2.82 BOX	32.60 CS
7190-E	Classic English Breakfast (20 bags)	12's	2.82 BOX	32.60 CS
7191-E	Extraordinary Earl Gray (20 bags)	12's	2.82 BOX	32.60 CS

CONDIMENTS

Code Number	Product Description	Case Size	Unit Price	Case Price 5% Deducted
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NEW MORNINGCondiments

K 5430-W	Pickle Eater's Whole Dills (946 ml)	12's	4.58 EA	52.88 CS
K 5431-W	Pickle Eater's Whole Dills No Salt (946 ml)	12's	4.58 EA	52.88 CS
K 5432-W	Pickle Eater's Spears (946 ml)	12's	4.71 EA	54.44 CS
K 5433-T	Baby Dills (Pookie Size) (473 ml)	12's	3.43 EA	39.62 CS
K 5434-T	Kosmic Kraut (473 ml)	12's	3.63 EA	41.96 CS
K 5434-W	Kosmic Kraut (946 ml)	12's	4.98 EA	57.56 CS
K 5435-T	Sauerkraut-Low Sodium (473 ml)	12's	3.50 EA	40.40 CS
K 5435-W	Sauerkraut-Low Sodium (946 ml)	12's	5.18 EA	59.90 CS
K 5436-T	Sweet Pickle Relish-Low Sod.(473ml)	12's	3.36 EA	38.84 CS
K 5437-T	Corn Relish-No Salt (11 oz)	12's	3.50 EA	40.40 CS
K 5438-T	Piccalilli Relish (Tomato) Low Sod (11 oz)	12's	3.63 EA	41.96 CS
K 5439-T	Greek Black Olives-Zorba (10 oz)	12's	4.04 EA	46.64 CS
K 5440-T	Spanish Olives-Zorba (10 oz)	12's	4.44 EA	51.32 CS
K 5441-T	Calamata Olives-Zorba (10 oz)	12's	4.98 EA	57.56 CS

Oils (Organic)

5443-R	Olive Oil-Zorba/Extra Virgin (8oz)	12's	3.09 EA	35.72 CS
5443-T	Olive Oil-Zorba/Extra Virgin(473ml)	12's	4.71 EA	54.44 CS
5443-W	Olive Oil-Zorba/Extra Virgin(946ml)	12's	8.09 EA	93.44 CS

WESTBRAE NATURALCondiments

2970-T	Catsup Honey Sweetened (14 oz)	12's	3.36 EA	38.84 CS
2972-T	Catsup Unsweetened (13 oz)	12's	3.50 EA	40.40 CS
2974-S	Stoneground-Style Mustard (8 oz)	12's	1.74 EA	20.12 CS
2976-S	Dijon-Style Mustard (8 oz)	12's	2.21 EA	25.58 CS
2978-T	Teriyaki Sauce (12.7 oz)	12's	4.78 EA	55.22 CS
2979-T	Tofu Sauce (12.7 oz)	12's	4.58 EA	52.88 CS
K 2975-T	Mayonnaise (448 g)	12's	3.50 EA	40.40 CS
K 2975-U	Mayonnaise (672 g)	12's	6.60 EA	76.28 CS
K 2977-T	Applesauce Org (672 g)	12's	3.36 EA	38.84 CS

Nut/Seed Butter & Spreads

2940-S	Almond Butter-Smooth/Rstd/NS(244g)	12's	5.93 EA	68.48 CS
2940-T	Almond Butter-Smooth/Rstd/NS(448g)	12's	10.79 EA	124.64 CS
2942-S	Almond Butter Crunchy/Rstd/NS(244g)	12's	5.93 EA	68.48 CS
2942-T	Almond Butter Crunchy/Rstd/NS(448g)	12's	10.79 EA	124.64 CS
2944-S	Cashew Butter-Roasted/NS (244g)	12's	4.58 EA	52.88 CS
2946-S	Cashew Butter-Raw/NS (244g)	12's	4.58 EA	52.88 CS
2949-T	Toasted Sesame Butter-Salted (15oz)	12's	4.58 EA	52.88 CS
2960-T	Raw Sesame Tahini-NS (15oz)	12's	5.25 EA	60.68 CS
2962-T	Toasted Sesame Tahini-NS (15 oz)	12's	4.58 EA	52.88 CS
2964-T	Mid-Eastern Tahini-NS (15oz)	12's	4.58 EA	52.88 CS

CONDIMENTS

Code Number	Product Description	Case Size	Unit Price	Case Price 5% Deducted
EDEN BRAND				
<u>Condiments & Sauces</u>				
1201-T	Mayonnaise (473 ml/16 oz)	12's	2.89 EA	33.38 CS
1201-W	Mayonnaise (946 ml/32 oz)	12's	5.05 EA	58.34 CS
1203-R	Hot Mustard (170 g/6 oz)	24's	1.34 EA	30.89 CS
1203-T	Hot Mustard (454 g/16 oz)	12's	2.69 EA	31.04 CS
1270-W	Spaghetti Sauce (907 g/32 oz)	12's	4.31 EA	49.76 CS
1271-W	Spaghetti Sauce (907 g/32 oz)			
	Unsalted	12's	4.31 EA	49.76 CS
<u>Vinegars</u>				
1301-T	Raw Apple Cider Vin (473 ml/16 oz)	12's	2.08 EA	24.02 CS
1301-W	Raw Apple Cider Vin (946 ml/32 oz)	12's	3.50 EA	40.40 CS
1301-X	Apple Cider Vinegar (3.78 l/128 oz)	06's	10.79 EA	62.32 CS
1305-T	Red Wine Vinegar (473 ml/16 oz)	12's	2.15 EA	24.80 CS
1305-W	Red Wine Vinegar (946 ml/32 oz)	12's	3.77 EA	43.52 CS
1307-R	Brown Rice Vinegar (148 ml/5 oz)	12's	3.77 EA	43.52 CS
<u>Oils (Unrefined)</u>				
K 1100-T	Corn Germ Oil (473 ml/16 oz)	12's	3.09 EA	35.72 CS
K 1100-W	Corn Germ Oil (946 ml/32 oz)	12's	5.66 EA	65.36 CS
K 1102-R	Olive Oil Extra-Virgin (148 ml/5oz)	12's	2.69 EA	31.04 CS
K 1102-T	Olive Oil Extra-Virgin (473ml/16oz)	12's	4.58 EA	52.88 CS
K 1102-W	Olive Oil Extra-Virgin (946ml/32oz)	12's	8.49 EA	98.12 CS
K 1104-T	Safflower Oil (473 ml/16 oz)	12's	3.36 EA	38.84 CS
K 1104-W	Safflower Oil (946 ml/32 oz)	12's	5.93 EA	68.48 CS
K 1106-T	Sesame Oil (473 ml/16 oz)	12's	5.18 EA	59.90 CS
K 1106-W	Sesame Oil (946 ml/32 oz)	12's	9.57 EA	110.60 CS
K 1116-R	Toasted Sesame Oil (148 ml/5 oz)	12's	4.04 EA	46.64 CS
K 1117-R	Toasted W/Hot Pepper (148 ml)	12's	4.31 EA	49.76 CS
<u>Unrefined Sweeteners</u>				
K 1210-T	Barley Malt Syrup (454 g/16 oz)	12's	3.90 EA	45.08 CS
K 1210-W	Barley Malt Syrup (935 ml/32 oz)	12's	6.74 EA	77.84 CS
K 1212-T	Sorghum Molasses (425 g/15 oz)	12's	5.05 EA	58.34 CS
<u>Fruit Spread (Jam)</u>				
K 1231-T	Blackberry Jam (280 g/10 oz)	12's	3.29 EA	38.06 CS
K 1232-T	Blueberry Jam (280 g/10 oz)	12's	3.50 EA	40.40 CS
K 1234-T	Grape Jam (280 g/10 oz)	12's	2.82 EA	32.60 CS
K 1235-T	Peach Jam (280 g/10 oz)	12's	3.09 EA	35.72 CS
K 1236-T	Raspberry Jam (280 g/10 oz)	12's	3.36 EA	38.84 CS
K 1237-T	Strawberry Jam (280 g/10 oz)	12's	3.29 EA	38.06 CS

CONDIMENTS

Code Number	Product Description	Case Size	Unit Price	Case Price 5% Deducted
<u>DUGGAN'S</u>				
<u>Salad Dressings</u>				
4720-T	Blackberry Walnut Delight (375 ml)	12's	4.78 EA	55.22 CS
4721-T	Duggan's Own Marinade (375 ml)	12's	4.78 EA	55.22 CS
4722-T	Fantasy French Dressing (375 ml)	12's	4.78 EA	55.22 CS
4723-T	Italian Zap Dress.Marinade (375 ml)	12's	4.78 EA	55.22 CS
4724-T	Pesto Please Dressing (375 ml)	12's	4.78 EA	55.22 CS
4725-T	Poppy Perfect Dressing (375 ml)	12's	4.78 EA	55.22 CS
4726-T	Razzle Dazzle Raspberry (375 ml)	12's	4.78 EA	55.22 CS
4727-T	Cranberry Craving (375 ml)	12's	4.78 EA	55.22 CS
4728-T	It's a Must Honey Mustard (375 ml)	12's	4.78 EA	55.22 CS
4729-T	Indian Summer Dressing (375 ml)	12's	4.78 EA	55.22 CS
4730-T	Anything Goes All Purp.Mar.(375ml)	12's	4.78 EA	55.22 CS
4742-T	Premium Red Wine Vinegar (375 ml)	12's	4.31 EA	49.76 CS
4743-T	Brown Rice Vinegar (375 ml)	12's	4.31 EA	49.76 CS
4747-T	Garlic Oil (375 ml)	12's	5.66 EA	65.36 CS
4748-T	Walnut Oil (375 ml)	12's	5.66 EA	65.36 CS
4762-S	Spicy Grill Sauce (252g)	12's	5.12 EA	59.12 CS
<u>Mustards</u>				
4730-S	Caper Mustard (252g)	12's	5.59 EA	64.58 CS
4731-S	Oregon Raspberry Dijon (252g)	12's	5.12 EA	59.12 CS
4732-S	Reckless, Sweet & Rough (252g)	12's	5.32 EA	61.46 CS
<u>Spreads Sauces Chutneys</u>				
4733-S	Curry Coconut Mustard Spread (252g)	12's	5.12 EA	59.12 CS
4753-S	Blackberry Jazz Sherry Suace (252g)	12's	5.12 EA	59.12 CS
4760-S	Cranberry Occasion Chutney (252g)	12's	5.12 EA	59.12 CS
4761-S	Garden Tomato Chutney (252g)	12's	5.12 EA	59.12 CS
<u>Vinegars</u>				
4735-T	Assorted Italian Vinegar (375 ml)	12's	4.71 EA	54.44 CS
4736-T	Raspberry Vinegar (375 ml)	12's	4.31 EA	49.76 CS
4737-T	Summer Splash Vinegar (375 ml)	12's	4.31 EA	49.76 CS
4738-T	Sweet Basil Vinegar (375 ml)	12's	4.31 EA	49.76 CS
4739-T	Amber Waves Vinegar (375 ml)	12's	4.31 EA	49.76 CS
4740-T	Thymely Rose Vinegar (375 ml)	12's	4.31 EA	49.76 CS
4741-T	Wild Blackberry Vinegar (375 ml)	12's	4.31 EA	49.76 CS
<u>Oils</u>				
4745-T	Assorted Herb Oil (375 ml)	12's	6.20 EA	71.60 CS
4746-T	Semplice Extra Virgin Olive Oil	12's	5.45 EA	65.36 CS
<u>Dessert Sauces</u>				
4750-S	Orange-Mint Chocolate Sauce (252g)	12's	6.74 EA	77.84 CS
4751-S	Peanut Butter Fudge Sauce (252g)	12's	6.74 EA	77.84 CS
4752-S	Rockaway Raspberry Fudge (252g)	12's	6.74 EA	77.84 CS

CONDIMENTS

Code Number	Product Description	Case Size	Unit Price	Case Price 5% Deducted
TIMBERCREST (Jars)				
<u>Butter</u>				
5295-R	Apple Butter (226 g/8 oz)	12's	4.64 EA	53.66 CS
5296-R	Pear Butter (226 g/8 oz)	12's	6.74 EA	77.84 CS
5297-R	Plum Butter (226 g/8 oz)	12's	6.74 EA	77.84 CS
WESTBRAE NATURAL				
<u>Fruit Conserves-100% Sweetened Fruit Juice</u>				
2980-S	Apricot Conserves (9oz)	12's	4.31 EA	49.76 CS
2981-S	Blackberry Conserves (9oz)	12's	4.31 EA	49.76 CS
2982-S	Grape Jelly (10oz)	12's	4.31 EA	49.76 CS
2983-S	Orange Marmalade (10oz)	12's	4.31 EA	49.76 CS
2984-S	Raspberry Conserves (9oz)	12's	4.31 EA	49.76 CS
2985-S	Strawberry Conserves (9oz)	12's	4.31 EA	49.76 CS
BAKING SUPPLIES				
<u>Unrefined Sunflower Oil (Org)</u>				
5845-V	Sunflower Oil (500 ml)	12's	4.85 EA	56.00 CS
5845-W	Sunflower Oil (1Lt)	15's	8.76 EA	126.56 CS
<u>Refined Oils</u>				
5850-V	Safflow-Sunflower Oil (500ml)	12's	2.28 EA	26.36 CS
5850-W	Safflow-Sunflower Oil (1 Litre)	12's	3.97 EA	45.86 CS
5850-X	Safflow-Sunflower Oil (3 Litre)	6's	10.25EA	59.20 CS
LIMA				
<u>Pates & Spreads</u>				
K 1500-F	Hummus Org (250g/8.5oz)	12's	7.01 EA	80.96 CS
K 1503-G	Sietan Pate Org (250g/8.5oz)	12's	6.94 EA	80.18 CS
K 1505-F	Vegetable Pate Org (250g/8.5oz)	12's	6.94 EA	80.18 CS
<u>Sweeteners & Sea Salt</u>				
K 1525-T	Barley Malt Syrup Org (450/16oz)	6's	6.94 EA	40.09 CS
K 1527-F	Pralima Org (250g/8.5g)	12's	8.49 EA	98.12 CS
1535-T	Lima Sea Salt (1 kg)	12's	3.50 EA	40.40 CS
COOKS CLASSICS				
<u>Salad Dressings & Marinades</u>				
5310-S	Garlic Lover's Herb Sauce	12's	4.64 EA	53.66 CS
5310-T	Garlic Lovers's Salad Dress.(12oz)	12's	4.31 EA	49.76 CS
5311-T	Tarchon Tarragon Herbal Dress(12oz)	12's	4.31 EA	49.76 CS
5312-T	Apple- Honey-Mustard Dressing(12oz)	12's	4.31 EA	49.76 CS
5313-T	Caesar Dressing Marinade (12oz)	12's	4.31 EA	49.76 CS
5314-T	Curry-Almond Dressing (12oz)	12's	4.31 EA	49.76 CS
5315-S	Tomato Sesame Sauce (12oz)	12's	4.64 EA	53.66 CS

CONDIMENTS

Code Number	Product Description	Case Size	Unit Price	Case Price 5% Deducted
NASOYA FOODS				
<u>Creamy Tofu Dressings & Spreads</u>				
5320-T	Fine Herbs Dressing (354 ml)	12's	3.90 EA	45.08 CS
5321-T	Italian Dressing (354 ml)	12's	3.90 EA	45.08 CS
5322-T	Sesame Garlic Dressing (354 ml)	12's	3.90 EA	45.08 CS
5325-T	Nasoyanaise Spread (414 ml)	12's	3.90 EA	45.08 CS
GOLDEN SOY				
<u>Spreads/Dressing</u>				
5327-T	Tofu Sandwich Spread (473ml)	12's	5.29 EA	60.68 CS
5328-T	Tofu Dill Salad Dressing (473ml)	12's	5.39 EA	62.24 CS
5329-T	Lt & Crmy Blue Cheese Salad Dress (473 ml)	12's	5.39 EA	62.39 CS
5330-T	Light & Zesty Onion Dip (473 ml)	12's	5.39 EA	62.39 CS
SIMPLY NATURAL				
<u>Miso Dressing</u>				
5495-T	Creamy Mustard Miso Dressing (12oz)	12's	3.77 EA	43.52 CS
5496-T	Creamy Sesame Miso Dressing (12oz)	12's	3.77 EA	43.52 CS
5497-T	Creamy Vinaigrette Miso Dressing (12oz)	12's	3.77 EA	43.52 CS
RICE NECTAR				
<u>Rice Nectar-Natural Macrobiotic Rice Syrup</u>				
4770-T	Original Rice Nectar (12oz)	12's	3.90 EA	45.08 CS
4771-T	Genmal Rice Nectar (12oz)	12's	3.90 EA	45.08 CS
4772-T	Blueberry Rice Nectar (12oz)	12's	4.04 EA	46.64 CS
4773-T	Raspberry Rice Nectar (12oz)	12's	4.04 EA	46.64 CS
4774-T	Strawberry Rice Nectar (12oz)	12's	4.04 EA	46.64 CS
KNUDSEN				
<u>Natural Fruit Syrup</u>				
4660-T	Blueberry Syrup (12oz)	12's	5.39 EA	62.24 CS
4664-T	Boysenberry Syrup (12oz)	12's	5.39 EA	62.24 CS
4661-T	Raspberry Syrup (12oz)	12's	5.39 EA	62.24 CS
4662-T	Strawberry Syrup (12oz)	12's	5.39 EA	62.24 CS
4663-T	Fruit'n Maple Syrup (12oz)	12's	5.39 EA	62.24 CS
<u>Fancy Fruit Spread (Jam-Natural)</u>				
4665-T	Blackberry Fruit Spread (9.5oz)	12's	4.04 EA	46.64 CS
4666-T	Blueberry Fruit Spread (9.5oz)	12's	4.04 EA	46.64 CS
4667-T	Raspberry Fruit Spread (9.5oz)	12's	4.04 EA	46.64 CS
4668-T	Strawberry Fruit Spread (9.5oz)	12's	4.04 EA	46.64 CS
4670-T	Peach Fruit Spread (9.5 oz)	12's	4.04 EA	46.64 CS

NEW PRODUCT LIST

CONDIMENTS

<u>Code</u> <u>Number</u>	<u>Product Description</u>	<u>Case</u> <u>Size</u>	<u>Unit</u> <u>Price</u>
JUDYTH'S MOUNTAIN			
<u>Pasta Plus Sauces</u>			
4930-G	California Almond (448 g)	12's	11.19 EA
4931-G	Country Garden (448 g)	12's	8.42 EA
4932-G	Herb Tomato Sauce (448 g)	12's	8.42 EA
4933-G	Pepper Olive (448 g)	12's	11.19 EA
<u>Specialty Items!</u>			
4940-T	California Chardonnay Wine Vin. (358 g)	12's	4.78 EA
4941-T	California Cold Press Olive Oil (358 g)	12's	7.41 EA
4942-T	Curried Ginger Dress. Marinade (358 g)	12's	5.39 EA
4943-T	Tart Cummin Lime Dress. Marin. (358 g)	12's	5.39 EA
<u>Creamy Garlic Butters</u>			
4950-F	Creamy Garlic Butter (280 g)	12's	8.63 EA
4951-F	Creamy Garlic Monterey Chili (280 g)	12's	9.30 EA
4952-F	Creamy Garlic Pesto (280 g)	12's	9.30 EA
<u>Jellies</u>			
4960-F	Ginger Jelly (280 g)	12's	4.78 EA
4961-F	Hot Pepper Jelly (280 g)	12's	4.78 EA
4962-F	Hotter Hot Pepper Jelly (280 g)	12's	4.78 EA
COMVITA			
<u>Fruit Honey</u>			
4872-F	Honey & Blueberry (250 g)	12's	5.72 EA
4873-F	Honey & Boysenberry (250 g)	12's	5.72 EA
4874-F	Honey & Kiwifruit (250 g)	12's	5.72 EA

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MORI-NU (KOSHER)

Tofu/Non-Refrigerated (Vacuum Packed)

4840-K	Silken Firm Tofu (297 g)	24's	2.01 EA
4841-K	Silken Soft Tofu (297 g)	24's	2.01 EA

SOY CITY

Organic Tofu - Refrigerated

9050-F	Tofu (500 g)	12's	1.54 EA
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NEW PRODUCT LIST

CONDIMENTS

<u>Code</u> <u>Number</u>	<u>Product Description</u>	<u>Case</u> <u>Size</u>	<u>Unit</u> <u>Price</u>
LIFESTREAM			
<u>Condiments</u>			
2500-T	Corn Oil (500 ml)	12's	3.16 EA
2501-T	Olive Oil (500 ml)	12's	6.47 EA
2502-T	Peanut Oil (500 ml)	12's	4.51 EA
2503-T	Safflower Oil (500 ml)	12's	3.63 EA
2503-W	Safflower Oil (1 Lt)	12's	6.94 EA
2504-T	Sesame Oil (500 ml)	12's	6.33 EA
2505-T	Sunflower Oil (500 ml)	12's	3.70 EA
2510-T	Apple Cider Vinegar (500 ml)	12's	1.54 EA
2510-W	Apple Cider Vinegar (1 Lt)	12's	2.35 EA
2511-T	Barbados Molasses (500 g)	12's	2.35 EA
2512-T	Blackstrap Molasses (500 g)	12's	1.81 EA
2513-R	Dijon Mustard (250 ml)	12's	1.81 EA
2514-T	Stoneground Mustard (250 ml)	12's	2.01 EA
2515-T	Sea Salt (800 g)	12's	1.74 EA
2517-T	Tamari Soy Sauce (500 ml)	12's	3.36 EA
2717-W	Tamari Soy Sauce (1 Lt)	12's	5.66 EA

Nut Butters

2570-S	Almond Butter (250 g)	12's	6.80 EA
2571-S	Cashew Butter (250 ml)	12's	6.60 EA
2572-T	Peanut Butter - Creamy (500 g)	12's	3.56 EA
2573-T	Peanut Butter - Crunchy (500 g)	12's	3.56 EA
2574-S	Sesame Butter (250 g)	12's	2.75 EA
2575-S	Sesame Tahini (250 g)	12's	2.89 EA
2575-L	Sesame Tahini (20 Kg)	12's	5.32 EA

NATURE'S PATH

Nut Butter's

5920-T	Peanut Butter - Creamy (504 g)	12's	3.23 EA
5921-T	Peanut Butter - Crunchy (504 g)	12's	3.23 EA
5925-S	Sesame Tahini - Organic (252 g)	12's	1.74 EA
5925-T	Sesame Tahini - Organic (504 g)	12's	2.96 EA
5927-S	Almond Butter - Creamy (252 g)	12's	5.39 EA
5927-T	Almond Butter - Creamy (504 g)	12's	9.03 EA
5928-T	Almond Butter - Crunchy (504 g)	12's	9.03 EA

NEW PRODUCT LIST

CONDIMENTS

<u>Code</u> <u>Number</u>	<u>Product Description</u>	<u>Case</u> <u>Size</u>	<u>Unit</u> <u>Price</u>
MOONSHINE TRADING CO.			
<u>Chocolate Nut Spread</u>			
4981-F	Semi Sweet Chocolate Crunch (280 g)	12's	10.58 EA
4982-F	White Chocolate Almond Creme (280 g)	12's	10.58 EA
4983-F	White Chocolate Cashew Creme (280 g)	12's	10.58 EA
4984-F	Milk Chocolate Almond Crunch (280 g)	12's	10.58 EA
<u>Gourmet Butters & Spreads</u>			
4990-F	California Almond Butter (336 g)	12's	9.17 EA
4991-F	California Nut Crunch (336 g)	12's	9.84 EA
4992-F	Halvah Spread & Gourmet Confec. (336 g)	12's	6.67 EA
4993-F	Roasted Sesame Butter (336 g)	12's	11.06 EA
<u>Gourmet Honey Collection - Kosher</u>			
4922-F	California Black Button Sage (448 g)	12's	5.93 EA
4923-F	California Eucalyptus Honey (448 g)	12's	5.93 EA
4924-F	California Orange Blossom (448 g)	12's	5.93 EA
4925-F	California Sunflower Honey (448 g)	12's	5.93 EA
4926-F	California Yellow Star Thistle (448 g)	12's	5.93 EA
<u>Gourmet Honey Combs - KOSHER</u>			
4927-G	Rocky Mountain Wildflower (224 g)	12's	6.33 EA
4928-G	Sweet Clover Comb Honey (224 g)	12's	6.33 EA
CHALIF			
<u>Flavoured Mayonnaise - SALT FREE!</u>			
7215-S	Fresh Garlic Mayo (224 g)	12's	2.96 EA
7216-S	Lemon Dill Mayo (224 g)	12's	2.96 EA
7217-S	Mustard Seed Mayo (224 g)	12's	2.96 EA
7218-S	Sesame Curry Mayo (224 g)	12's	2.96 EA
7219-S	Strawberries & Champagne Mayo (224 g)	12's	2.96 EA
7220-S	Tarragon Onion Mayo (224 g)	12's	2.96 EA
<u>Sauces</u>			
7205-T	Champagne Mustard Sauce (336 g)	12's	4.44 EA
7206-T	Stir Fry Sauce (336 g)	12's	5.12 EA
<u>Mustard</u>			
7201-S	Course & Sassy Mustard (196 g)	12's	5.93 EA

PASTA/RICE

Code Number	Product Description	Case Size	Unit Price	Case Price 5% Deducted
EDEN BRAND				
<u>Pasta-Packaged</u>				
5651-G	Alphabets-Whole Wheat, Org (14oz)	12's	1.81 EA	20.90 CS
5653-G	Elbows-Whole Wheat, Org (16oz)	12's	1.94 EA	22.46 CS
5655-G	Elbows-Vegetable (16oz)	12's	2.15 EA	24.80 CS
5657-F	Flats-Whole Wheat, Org (8oz)	12's	1.40 EA	16.22 CS
5658-F	Flats-Spinach (8oz)	12's	1.61 EA	18.56 CS
5665-G	Shells-Whole Wheat, Org (16oz)	12's	1.88 EA	21.68 CS
5667-G	Spaghetti, Whole Wheat, Org (14oz)	12's	1.81 EA	20.90 CS
5668-G	Spaghetti, Artichoke, (14oz)	12's	2.08 EA	24.02 CS
5669-G	Spirals, Whole Wheat, Org (12oz)	12's	1.81 EA	20.90 CS
5670-G	Spirals, Rice Sesame (12oz)	12's	1.88 EA	21.68 CS
EDEN TRADITIONAL JAPANESE FOODS				
<u>Pasta-Packaged</u>				
2201-F	Bifun Rice Noodles (150g)	12's	5.66 EA	65.36 CS
2202-G	Harusame-Mung Bean Noodles (100g)	12's	4.44 EA	51.32 CS
2203-F	Jinenjo Soba (250g)	12's	3.23 EA	37.28 CS
2205-E	Kuzu Kiri Nodles (100g)	12's	2.82 EA	32.60 CS
2206-F	Lotus Root Soba (250g)	12's	3.23 EA	37.28 CS
2207-F	Mugwort Soba (250g)	12's	3.23 EA	37.28 CS
2209-F	Soba (40%) Noodles (250g)	12's	2.55 EA	29.48 CS
2211-F	100% Soba Noodles/Wheat-Free (250g)	20's	5.39 EA	103.74 CS
2213-F	Udon Noodles (250g)	12's	2.15 EA	24.80 CS
2221-E	Ramen, Buckwheat W/Dashi (88g)	20's	1.88 EA	36.14 CS
2223-E	Ramen, Rice W/Dashi (88g)	20's	1.88 EA	36.14 CS
2225-E	Ramen, Whole Wheat W/Dashi (88g)	20's	1.88 EA	36.14 CS
WESTBRAE NATURAL				
<u>Wholewheat Pasta - Organic</u>				
K 3040-T	Soya Spaghetti (14 oz)	12's	2.46 EA	29.48 CS
K 3042-S	Spinach Lasagna (8 oz)	12's	1.94 EA	23.24 CS
K 3044-T	Spinach Spaghetti (16 oz)	12's	2.59 EA	31.04 CS
K 3046-T	Veggie Bows (12 oz)	12's	2.20 EA	26.36 CS
K 3048-T	Wholewheat Elbows (12 oz)	12's	1.94 EA	23.24 CS
K 3050-S	Wholewheat Lasagna (8 oz)	12's	1.94 EA	23.24 CS
K 3052-T	Wholewheat Spaghetti (16 oz)	12's	2.07 EA	24.80 CS
<u>Macaroni & Cheese (Whole Wheat)</u>				
3058-F	Macaroni & Cheese (3.9oz)	24's	1.34 EA	30.89 CS
3059-F	Macaroni - Cheese & Herb (3.9oz)	24's	1.47 EA	34.01 CS
<u>Corn Pasta (Wheat Free)</u>				
3030-T	Corn Elbow (12oz)	12's	2.28 EA	26.36 CS
3032-T	Corn Spaghetti (12oz)	12's	2.28 EA	26.36 CS

PASTA/RICE

Code Number	Product Description	Case Size	Unit Price	Case Price 5% Deducted
WESTBRAE NATURAL				
<u>Japanese Pasta - Organic</u>				
3020-S	Genmai Udon-Brown Rice Pasta(8 oz)	12's	2.85 EA	34.16 CS
K 3022-S	Soba Buckwheat Pasta (8 oz)	12's	1.94 EA	23.24 CS
3024-S	Somen Thin Wholewheat Pasta(8 oz)	12's	1.94 EA	23.24 CS
3026-S	Udon Wholewheat Pasta (8 oz)	12's	1.74 EA	20.90 CS
LUNDBERG				
<u>Gourmet Rice Blends - Packaged</u>				
4118-G	"Country Wild" Rice Blend	24's	3.09 BG	71.45 CS
4121-G	"Jubilee" Brown Rice Blend	24's	2.82 BG	65.21 CS
4120-G	"Short & Sweet" Rice Blend	24's	2.15 BG	49.61 CS
4119-G	"Weham" Rice Blend	24's	3.09 BG	71.45 CS
4122-G	"Wild" Rice Blend	24's	3.50 BG	79.51 BG
PACIFIC RICE PRODUCTS				
<u>Cereals/Additives</u>				
5520-H	Quick 'N Creamy-White Rice (28 oz)	12's	3.97 EA	45.86 CS
5521-H	Quick 'N Creamy-Brown Rice (28 oz)	12's	2.69 EA	31.04 CS
5522-F	Vita Fiber (9 oz)	12's	2.69 EA	31.04 CS
5522-G	Vita Fiber (19 oz)	12's	3.97 EA	45.86 CS
FANTASTIC FOODS				
<u>Quick Pilaf</u>				
5031-F	Brown Rice with Miso (198g)	12's	2.69 EA	31.04 CS
5033-F	Spanish Brown Rice (198g)	12's	2.69 EA	31.04 CS
5035-F	Savory Couscous (198g)	12's	2.69 EA	31.04 CS
5037-F	3 grains with herbs (198g)	12's	2.69 EA	31.04 CS
CASBAH				
<u>Pilaf</u>				
K 5369-E	Couscous Pilaf (198g/7 oz)	12's	2.28 EA	26.36 CS
K 5371-E	Lentil Pilaf (198g/7 oz)	12's	2.28 EA	26.36 CS
K 5372-E	Nutted Pilaf (198g/7 oz)	12's	2.28 EA	26.36 CS
K 5373-E	Rice Pilaf (226g/8 oz)	12's	2.28 EA	26.36 CS
K 5374-E	Spanish Pilaf (198g/7 oz)	12's	2.28 EA	26.36 CS
K 5370-E	Wheat Pilaf (198g/7 oz)	12's	2.28 EA	26.36 CS
ANCIENT HARVEST QUINOA				
<u>Pasta</u>				
1432-S	Quinoa Pasta Flats (284g)	12's	2.96 EA	34.16 CS
1433-S	Quinoa Pasta Rotini (284g)	12's	2.96 EA	34.16 CS
1434-S	Quinoa Wheat free Elbows (284g)	12's	2.96 EA	34.16 CS

NEW PRODUCTS

PASTA & RICE

<u>Code</u> <u>Number</u>	<u>Product Description</u>	<u>Case</u> <u>Size</u>	<u>Unit</u> <u>Price</u>
TRIO'S ITALIAN FOODS			
<u>Pasta - FROZEN</u>			
9070-G	Linguine - Egg (280 g)	6's	3.50 EA
9073-G	Linguine - Hot Red Pepper (280 g)	6's	3.50 EA
9075-G	Angel Hair - Lemon (280 g)	6's	3.50 EA
9077-G	Fettuccine - Spinach (280 g)	6's	3.50 EA
9079-G	Fettuccine - Garlic & Herb (280 g)	6's	3.50 EA
9081-G	Tortellini - Egg & Cheese (280 g)	6's	3.50 EA
9082-G	Tortellini - Garlic & Herb Cheese (280g)	6's	3.50 EA
<u>Sauces</u>			
9088-G	Alfredo Sauce (355 ml)	12's	7.41 EA
9089-G	Pesto Sauce (177 ml)	12's	8.09 EA
9090-G	Tomato Sauce (473 ml)	12's	6.60 EA

HERBS HOMESTYLE PASTA

<u>Pasta - KOSHER - Made from 100% Semolina Flour.</u>			
5630-F	Egg Noodles - Fine (224 g)	12's	1.34 EA
5631-F	Egg Kluski - Wide (224 g)	12's	1.61 EA
5633-F	Fettucine - Bell Pepper Basil (224 g)	12's	2.01 EA
5634-F	Fettucine - Parsley Garlic (224 g)	12's	2.01 EA
5635-F	Fettucine - Spinach (224 g)	12's	2.01 EA
5636-F	Spirals - Rice Sesame (336 g)	12's	2.01 EA
5637-F	Ribbons - Mixed Vegetable (224 g)	12's	2.01 EA
5638-G	Rotini - Mixed Vegetable (224 g)	12's	2.01 EA
5639-G	Shells - Mixed Vegetaable (224 g)	12's	2.01 EA
5682-F	Flats - Whole Wheat (224 g)	12's	2.01 EA

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LIMITED HARVEST RICES

<u>Rice</u>			
6970-F	Arborio Rice - Italy (224 g)	12's	4.51 EA
6971-F	Basmati Rice - Texas (224 g)	12's	3.23 EA
6972-F	Select Origins Blend (224 g)	12's	4.51 EA
6973-F	Wehani Blend Rice (224 g)	12's	3.56 EA
6974-F	Wehani Rice - Calif. (224 g)	12's	4.37 EA

SPICES & HERBS

Code Number	Product Description		Case Size	Unit Price	Bag Price
SPICES & HERBS (SOLD PER BAG)					
6102-G	Alfalfa Leaves Cut	454g	7.28 LB	7.28 BG	
6110-G	Allspice Whole	454g	4.85 LB	4.85 BG	
6115-G	Allspice Ground	454g	5.12 LB	5.12 BG	
6130-G	Anise Seed Whole	454g	4.04 LB	4.04 BG	
6135-G	Anise Seed Ground	454g	4.44 LB	4.44 BG	
6140-G	Anise Star Whole	454g	8.09 LB	8.09 BG	
6170-G	B.B.Q. Spice	454g	5.25 LB	5.25 BG	
6170-H	B.B.Q. Spice	5 lb	5.12 LB	25.58 BG	
6190-G	Basil Sweet Rubbed	454g	3.77 LB	3.77 BG	
6190-H	Basil Sweet Rubbed	5 lb	3.63 LB	22.20 BG	
6210-G	Bay Leaves Whole	454g	6.74 LB	6.74 BG	
6230-G	Caraway Seed Whole	454g	2.69 LB	2.69 BG	
6230-H	Caraway Seed Whole	5 lb	2.55 LB	12.76 BG	
6235-G	Caraway Seed Ground	454g	3.83 LB	3.83 BG	
6260-G	Cassia Buds	454g	13.49 LB	13.49 BG	
6295-G	Cayenne Pepper	454g	3.36 LB	3.36 BG	
6295-H	Cayenne Pepper	5 lb	2.32 LB	16.13 BG	
6310-G	Celery Seed Whole	454g	4.17 LB	4.17 BG	
6310-H	Celery Seed Whole	5 lb	4.04 LB	20.18 BG	
6315-G	Celery Seed Ground	454g	3.36 LB	3.36 BG	
6316-G	Celery Salt	454g	1.34 LB	1.34 BG	
6330-G	Chamomile Flowers	454g	13.49 LB	13.49 BG	
6340-G	Chervil Rubbed	454g	14.57 LB	14.57 BG	
6350-G	Chili Whole	454g	2.69 LB	2.69 BG	
6354-G	Chili Crushed	454g	3.23 LB	3.23 BG	
6355-G	Chili Powder (Mexican)	454g	3.50 LB	3.50 BG	
6355-H	Chili Powder (Mexican)	5 lb	3.36 LB	16.81 BG	
6373-G	Cinnamon Sticks 3"	454g	7.28 LB	7.28 BG	
6375-G	Cinnamon Grnd (Batavia)	454g	3.23 LB	3.23 BG	
6375-K	Cinnamon Grnd (Batavia)	10lb	3.16 LB	31.59 BG	
6377-G	Cinnamon Sticks 7"	454g	7.55 LB	7.55 BG	
6385-G	Cinnamon Grnd (Saigon)	454g	4.04 LB	4.04 BG	
6385-K	Cinnamon Grnd (Saigon)	10lb	3.90 LB	39.02 BG	
6400-G	Cloves Whole	454g	12.14 LB	12.14 BG	
6405-G	Cloves Ground	454g	12.54 LB	12.54 BG	
6412-G	Comfrey Leaves Cut	454g	8.09 LB	8.09 BG	
6420-G	Coriander Seed Whole	454g	2.01 LB	2.01 BG	
6425-G	Coriander Ground	454g	2.01 LB	2.01 BG	
6430-G	Cream of Tartar	454g	4.17 LB	4.17 BG	
6340-K	Cream of Tartar	10lb	4.04 LB	40.37 BG	
6440-G	Cumin Seed Whole	454g	4.04 LB	4.04 BG	
6445-G	Cumin Seed Ground	454g	5.25 LB	5.25 BG	
6445-H	Cumin Seed Ground	5 lb	5.12 LB	25.28 BG	
6455-G	Curry Powder	454g	3.36 LB	3.36 BG	
6455-H	Curry Powder	5 lb	3.23 LB	16.13 BG	
6460-G	Dill Seed Whole	454g	3.29 LB	3.29 BG	
6470-G	Dill Weed	454g	12.14 LB	12.14 BG	
6490-G	Fennel Seed Whole	454g	3.02 LB	3.02 BG	

SPICES & HERBS

Code Number	Product Description	Case Size	Unit Price	Bag Price
SPICES & HERBS (cont'd)				
6490-H	Fennel Seed Whole	5 lb	2.89 LB	14.45 BG
6500-G	Fenugreek Seed Whole	454g	2.01 LB	2.01 BG
6500-K	Fenugreek Seed Whole	10lb	1.88 LB	18.77 BG
6523-G	Garlic Minced	454g	4.31 LB	4.31 BG
6523-H	Garlic Minced	5 lb	4.17 LB	20.86 BG
6525-G	Garlic Powder Premium	454g	2.82 LB	2.82 BG
6525-H	Garlic Powder Premium	5 lb	2.69 LB	13.43 BG
6526-G	Garlic Salt	454g	1.54 LB	1.54 BG
6526-H	Garlic Salt	5 lb	1.67 LB	8.37 BG
6530-G	Ginger Whole	454g	5.39 LB	5.39 BG
6535-G	Ginger Ground	454g	5.52 LB	5.52 BG
6535-H	Ginger Ground	5 lb	5.39 LB	26.93 BG
6550-G	Italian Seasoning	454g	5.39 LB	5.39 BG
6590-G	Kelp Powder	454g	5.72 LB	5.72 BG
6590-H	Kelp Powder	5 lb	5.59 LB	27.95 BG
6621-G	Licorice Root Cut	454g	8.09 LB	8.09 BG
6623-G	Licorice Root Sticks	454g	13.49 LB	13.49 BG
6645-G	Mace Ground	454g	14.18 LB	14.18 BG
6660-G	Marjoram Rubbed (French)	454g	4.78 LB	4.78 BG
6680-G	Mint Leaves (Spearment)	454g	5.39 LB	5.39 BG
6690-G	Mustard Seed Whole	454g	1.74 LB	1.74 BG
6690-H	Mustard Seed Whole	5 lb	1.61 LB	8.05 BG
6695-G	Mustard Seed Ground	454g	2.82 LB	2.82 BG
6695-H	Mustard Seed Ground	5 lb	2.69 LB	13.43 BG
6710-G	Nutmeg Whole	454g	10.72 LB	10.72 BG
6715-G	Nutmeg Ground	454g	14.16 LB	14.16 BG
6715-H	Nutmeg Ground	5 lb	14.03 LB	70.13 BG
6722-G	Onion Chopped	454g	4.04 LB	4.04 BG
6722-H	Onion Chopped	5 lb	3.90 LB	19.51 BG
6725-G	Onion Powder	454g	3.63 LB	3.63 BG
6725-K	Onion Powder	10lb	3.50 LB	34.97 BG
6726-G	Onion Salt	454g	2.01 LB	2.01 BG
6726-H	Onion Salt	5 lb	1.88 LB	9.38 BG
6730-G	Oregano Whole (Rubbed)	454g	8.63 LB	8.63 BG
6735-G	Oregano Ground	454g	8.09 LB	8.09 BG
6755-G	Paprika Hungarian #1	454g	3.63 LB	3.63 BG
6755-H	Paprika Hungarian #1	5 lb	3.50 LB	17.48 BG
6772-G	Parsley Flakes, curly	454g	8.76 LB	8.76 BG
6790-G	Pepper Black Pure Whole	454g	7.82 LB	7.82 BG
6790-H	Pepper Black Pure Whole	5 lb	7.68 LB	38.41 BG
6790-K	Pepper Black Pure Whole	10lb	7.55 LB	75.47 BG
6795-G	Pepper Black Pure Whole	454g	7.95 9B	7.95 BG
6795-H	Pepper Black Pure Ground	5 lb	7.82 LB	39.10 BG
6795-K	Pepper Black Pure Ground	10lb	7.68 LB	76.80 BG
6802-G	Peppermint Lvs Tea Cut	454g	9.44 LB	9.44 BG
6810-G	Pickling Spice	454g	2.82 LB	2.82 BG
6810-K	Pickling Spice	10lb	2.69 LB	26.87 BG
6820-G	Pizza Seasonings	454g	4.04 LB	4.04 BG
6820-H	Pizza Seasonings	5 lb	3.90 LB	19.51 BG

SPICES & HERBS

Code Number	Product Description	Case Size	Unit Price	Bag Price
SPICES & HERBS (cont'd)				
6830-G	Poultry Seasoning	454g	6.33 LB	6.33 BG
6850-G	Raspberry Leaves	454g	6.87 LB	6.87 BG
6850-K	Raspberry Leaves	5 lb	6.74 LB	33.68 BG
6870-G	Rosemary Leaves	454g	3.77 LB	3.77 BG
6890-G	Sage Rubbed	454g	6.06 LB	6.06 BG
6895-G	Sage Ground	454g	4.04 LB	4.04 BG
6910-G	Savoury Whole	454g	3.90 LB	3.90 BG
6915-G	Savoury Powder	454g	3.56 LB	3.56 BG
6922-G	Senna Leaves Cut	454g	8.09 LB	8.09 BG
6940-G	Tarragon Rubbed	454g	22.94 LB	22.94 BG
6955-G	Turmeric Ground	454g	3.90 LB	3.90 BG
6960-G	Thyme Rubbed	454g	5.39 LB	5.39 BG
6965-G	Thyme Ground	454g	4.04 LB	4.04 BG

EPICUREAN SPECIALITY

6050-D	Italian Porcini Mushrooms (42 g)	12's	15.88 EA	123.88 CS
6052-D	Mixed Wild Mushrooms (28 g)	12's	8.36 EA	96.56 CS
6054-D	Morels Mushrooms (28 g)	12's	20.51 EA	236.96 CS
6056-D	Shitake Mushrooms (28 g)	12's	6.74 EA	77.84 CS
6060-D	Basil Pesto (instant) (14 g)	12's	2.96 EA	34.16 CS
6062-D	Chili Peppers (crushed) (28 g)	12's	2.01 EA	23.24 CS
6064-D	Chili Peppers (whole) (14 g)	12's	1.74 EA	20.12 CS
6066-D	Dried Tomatoes (flakes) (28 g)	12's	2.69 EA	31.04 CS
6068-D	Garlic (chopped) (14 g)	12's	2.96 EA	34.16 CS
6070-D	Shallots (chopped) (14 g)	12's	3.56 EA	41.18 CS
6072-D	Spanish Saffron (.5 g)	24's	3.50 EA	80.81 CS

SELECT ORIGINS

4 Jar Seasoning Kits - Spice Samplers

6980-D	#1 Cook's Secrets (42 g)	6's	7.14 EA	41.26 CS
6981-D	#2 Discover (28 g)	6's	7.14 EA	41.26 CS
6982-D	#3 In Praise of Pepper (64 g)	6's	7.14 EA	41.26 CS
6983-D	#4 Tex-Mex Adventure (58 g)	6's	7.14 EA	41.26 CS
6984-D	#5 Chinese at Home (58 g)	6's	7.14 EA	41.26 CS
6985-D	#6 Summer Salad Days (33 g)	6's	7.14 EA	41.26 CS

Spice Blends

6987-D	Basic Cajun Blend (25 g)	6's	3.16 EA	18.25 CS
6988-D	Chile Spice Complete (25 g)	6's	3.16 EA	18.25 CS
6989-D	Classic Indian Curry (36 g)	6's	3.16 EA	18.25 CS
6990-D	Country Salad Blend (22 g)	6's	3.16 EA	18.25 CS
6994-D	Shallots Plus (28 g)	6's	3.16 EA	18.25 CS
6995-D	Pepper Melange Rose (75 g)	12's	5.39 EA	62.24 CS
6996-D	Tellicherry Black Peppercorns (84g)	12's	4.58 EA	52.88 CS
6997-D	English Sea Salt (448 g)	12's	4.58 EA	52.88 CS
6998-D	English Sea Salt Jr.	12's	2.28 EA	26.36 CS

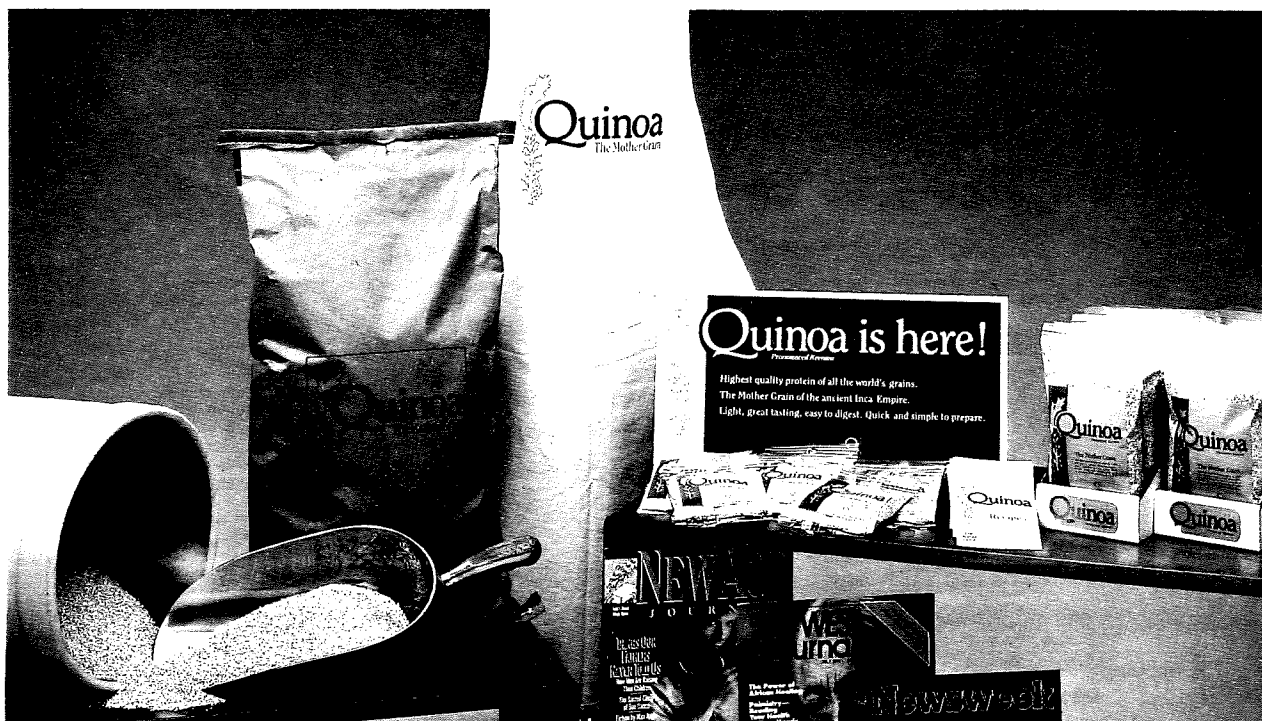
FLOURS AND GRAINS - ORGANIC

Code Number	Product Description	Case Size	Unit Price	Bag Price
OAK MANOR - Organic (SOLD PER BAG)				
<u>Flours & Grains - Organic</u>				
3101-H	Hard Whole Wheat Flour, Org.	2.2 lbs	.80 LB	1.74 BG
3101-K	Hard Whole Wheat Flour, Org.	11 lbs	.66 LB	7.28 BG
3101-L	Hard Whole Wheat Flour, Org.	26.4lbs	.59 LB	15.68 BG
3102-H	Hard Whole Wheat Flour,Sifted,Org.	2.2 lbs	.86 LB	1.89 BG
3102-K	Hard Whole Wheat Flour,Sifted,Org.	11 lbs	.73 LB	8.02 BG
3102-L	Hard Whole Wheat Flour,Sifted,Org.	26.4lbs	.66 LB	17.46 BG
3106-L	Hard Cracked Wheat, Org.	26.4lbs	.80 LB	21.02 BG
3109-H	Hard Wheat Kernels Org.	2.2 lbs	.80 LB	1.74 BG
3109-K	Hard Wheat Kernels, Org.	11 lbs	.66 LB	7.28 BG
3109-L	Hard Wheat Kernels, Org.	26.4lbs	.59 LB	15.68 BG
3111-H	Soft Whole Wheat Flour, Org.	2.2 lbs	.86 LB	1.91 BG
3111-K	Soft Whole Wheat Flour, Org.	11 lbs	.73 LB	8.02 BG
3111-L	Soft Whole Wheat Flour, Org.	26.4lbs	.66 LB	17.47 BG
3112-H	Soft Whole Wheat Flour,Sifted,Org.	2.2 lbs	.93 LB	2.05 BG
3112-K	Soft Whole Wheat Flour,Sifted,Org.	11 lbs	.80 LB	8.76 BG
3112-L	Soft Whole Wheat Flour,Sifted,Org.	26.4lbs	.73 LB	19.25 BG
3113-H	Soft Wheat Flakes, Org.	2.2 lbs	1.00 LB	2.21 BG
3113-K	Soft Wheat Flakes, Org.	11 lbs	.86 LB	9.50 BG
3113-L	Soft Wheat Flakes, Org.	26.4lbs	.80 LB	21.03 BG
3119-L	Soft Wheat Kernels, Org.	26.4lbs	.53 LB	13.89 BG
3134-H	Barley Hulled (POT), Org.	2.2 lbs	1.07 LB	2.34 BG
3134-K	Barley Hulled (POT), Org.	11 lbs	.93 LB	10.25 BG
3134-L	Barley Hulled (POT), Org.	26.4lbs	.86 LB	22.80 BG
3141-H	Buckwheat Flour, Org.	2.2 lbs	1.20 LB	2.63 BG
3141-K	Buckwheat Flour, Org.	11 lbs	1.07 LB	11.73 BG
3141-L	Buckwheat Flour, Org.	26.4lbs	1.00 LB	26.37 BG
3161-H	Corn Flour, Org.	2.2 lbs	.73 LB	1.59 BG
3161-K	Corn Flour, Org.	11 lbs	.59 LB	6.53 BG
3161-L	Corn Flour, Org.	26.4lbs	.53 LB	13.89 BG
3169-H	Corn Kernels, Org.	2.2 lbs	.73 LB	1.59 BG
3169-K	Corn Kernels, Org.	11 lbs	.59 LB	6.53 BG
3169-L	Corn Kernels, Org.	26.4lbs	.53 LB	13.89 BG
3166-H	Corn Meal, Org.	2.2 lbs	.86 LB	1.89 BG
3166-K	Corn Meal, Org.	11 lbs	.73 LB	8.02 BG
3166-L	Corn Meal, Org.	26.4lbs	.66 LB	17.46 BG
3208-H	Oat Bran, Org.	2.2 lbs	1.74 LB	3.83 BG
3208-K	Oat Bran, Org.	11 lbs	1.61 LB	17.67 BG
3208-L	Oat Bran, Org.	26.4lbs	1.54 LB	40.62 BG
3203-H	Oat Flakes (Rolled), Org.	2.2 lbs	1.20 LB	2.63 BG
3203-K	Oat Flakes (Rolled), Org.	11 lbs	1.07 LB	11.73 BG
3203-L	Oat Flakes (Rolled), Org.	26.4lbs	1.00 LB	26.37 BG
3215-H	Oat Flour, Org.	2.2 lbs	.86 LB	1.89 BG
3215-K	Oat Flour, Org.	11 lbs	.73 LB	8.02 BG
3215-L	Oat Flour, Org.	26.4lbs	.66 LB	17.46 BG
3205-H	Oat Groats, Org.	2.2 lbs	1.07 LB	2.34 BG
3205-K	Oat Groats, Org.	11 lbs	.93 LB	10.25 BG
3205-L	Oat Groats, Org.	26.4lbs	.86 LB	22.80 BG

FLOURS AND GRAINS - ORGANIC

Code Number	Product Description	Case Size	Unit Price	Bag Price
OAK MANOR - Organic (cont'd)				
3223-H	Rye Flakes, Org.	2.2 lbs	.93 LB	2.04 BG
3223-K	Rye Flakes, Org.	11 lbs	.80 LB	8.76 BG
3223-L	Rye Flakes, Org.	26.4lbs	.73 LB	19.24 BG
3221-H	Rye Flour, Org.	2.2 lbs	.80 LB	1.74 BG
3221-K	Rye Flour, Org.	11 lbs	.66 LB	7.28 BG
3221-L	Rye Flour, Org.	26.4lbs	.59 LB	15.67 BG
3229-H	Rye Kernels, Org.	2.2 lbs	.73 LB	1.59 BG
3229-K	Rye Kernels, Org.	11 lbs	.59 LB	6.53 BG
3229-L	Rye Kernels, Org.	26.4lbs	.53 LB	13.89 BG
ANCIENT HARVEST QUINOA				
<u>Grains</u>				
1430-R	Quinoa Grain (3.2 oz/90.8g)	60's	1.27 EA	73.32 CS
1430-S	Quinoa Grain (12oz/340g)	12's	4.71 EA	54.44 CS
1430-T	Quinoa Grain (1lb/454g)	12's	5.66 EA	65.36 CS

Quinoa is here!



Quinoa . . . The Mother Grain

Quinoa Corporation is pleased to introduce an important “new” supergrain with ancient origins. It is a whole grain called quinoa (pronounced Keenwa) that is grown in the high mountains of South America. Quinoa dates back to the Inca civilization, which also gave us corn and potatoes. They referred to quinoa, with respect, as The Mother Grain.

Quinoa contains more protein than any other grain!

The National Academy of Sciences has called quinoa “one of the best sources of protein in the vegetable kingdom.”

Quinoa's protein is of an unusually high quality.

This supergrain provides a complete protein with an essential amino acid balance close to the ideal as set by the United Nations Food & Agriculture Organization (FAO). Its protein quality is “equal to the protein of whole dried milk.”

Quinoa is a rich and balanced source of vital nutrients.

While no single food can supply all life-sustaining nutrients, quinoa comes as close, if not closer, than any other food, be it from vegetable or animal sources.

Quinoa is light, tasty and easy to digest.

It is not sticky or heavy like most grains, and it has a delicious flavor all its own.

CEREALS/BEANS

Code Number	Product Description	Case Size	Unit Price	Case Price 5% Deducted
OAK MANOR - ORGANIC				
<u>Cereals - Organic (Sold Per Bag)</u>				
* 3311-H	Cream of Whole Wheat, Org.	2.2 lbs	1.07 LB	2.34 BG
* 3311-K	Cream of Whole Wheat, Org.	11 lbs	.93 LB	10.25 BG
* 3311-L	Cream of Whole Wheat, Org.	26.4lbs	.86 LB	22.80 BG
* 3321-H	3 Grain (Red River Style), Org.	2.2 lbs	1.20 LB	2.63 BG
* 3321-K	3 Grain (Red River Style), Org.	11 lbs	1.07 LB	11.73 BG
* 3321-L	3 Grain (Red River Style), Org.	26.4lbs	1.00 LB	26.37 BG
* 3325-H	8 Grain Cereal, Org.	2.2 lbs	1.40 LB	3.08 BG
* 3325-K	8 Grain Cereal, Org.	11 lbs	1.27 LB	13.96 BG
* 3325-L	8 Grain Cereal, Org.	26.4lbs	1.20 LB	31.71 BG
* 3327-H	12 Grain Cereal, Org.	2.2 lbs	1.34 LB	2.93 BG
* 3327-K	12 Grain Cereal, Org.	11 lbs	1.20 LB	13.22 BG
* 3327-L	12 Grain Cereal, Org.	26.4lbs	1.13 LB	29.93 BG
LIMA CEREAL				
1538-T	Swiss Muesli,Org. (500g)	10's	7.68 EA	73.97 CS
EDEN BRAND				
<u>Cereals</u>				
1420-H	Kokoh Baby Cereal, Org. (24 oz)	12's	3.77 EA	43.52 CS
1421-H	Rice Cream Cereal, Org. (24 oz)	12's	3.63 EA	41.96 CS
PACIFIC RICE				
<u>Cereals/Additives</u>				
5520-H	Quick 'N Creamy-White Rice (28 oz)	12's	3.97 EA	45.86 CS
5521-H	Quick 'N Creamy-Brown Rice (28 oz)	12's	2.69 EA	31.04 CS
5522-F	Pacific Rice Vita Fiber (9 oz)	12's	2.69 EA	31.04 CS
5522-G	Pacific Rice Vita Fiber (19 oz)	12's	3.97 EA	45.86 CS
EDEN BRAND				
<u>Organic Beans (Packaged)</u>				
3602-G	Adzuki Beans, Org. (454g)	12's	3.36 EA	38.84 CS
3603-G	Black Turtle Beans, Org. (454g)	12's	1.81 EA	20.90 CS
3620-G	Red Kidney Beans, Org. (454g)	12's	2.42 EA	27.92 CS
3625-G	Green Lentils, Org. (454g)	12's	2.82 EA	32.60 CS
3610-G	Green Splits, Org. (454g)	12's	1.47 EA	17.00 CS
3640-G	Navy Beans, Org. (454g)	12's	1.74 EA	20.12 CS
3650-G	Pinto Beans, Org. (454g)	12's	1.74 EA	20.12 CS
<u>Precooked Beans - Organic</u>				
K 1260-V	Great Northern Beans, (680g)	12's	2.89 EA	33.38 CS
K 1260-W	Great Northern Beans, (3lbs)	6's	5.12 EA	29.56 CS
K 1262-V	Pinto Beans, Org. (680g)	12's	3.09 EA	35.72 CS
K 1262-W	Pinto Beans, Org. (3lbs)	6's	4.78 EA	27.61 CS

SOUPS/CRACKERS

Code Number	Product Description	Case Size	Unit Price	Case Price 5% Deducted
LUNDBERG				
<u>Quick Cooking Soups/Dinners</u>				
5330-E	Tasty Flakes (10 oz)	12's	2.01 EA	23.24 CS
5338-E	Soup'N Savour-Miso & Onion(4 3/4oz)	12's	2.48 EA	28.70 CS
5339-E	Soup'N Savour-Miso & Veg (4 3/4oz)	12's	2.48 EA	28.70 CS
5345-E	Pilaf Dinner-Miso & Veg (9 oz)	12's	2.48 EA	28.70 CS
BAKING SUPPLIES				
<u>Vegetable Flakes</u>				
5820-G	Veg. Flakes Mixed Superior	1 lb	5.12 LB	5.12 BG
LIMA				
<u>Soup</u>				
K 1521-T	Sweet Pumpkin Soup, Org. (500ml)	6's	7.61 EA	43.99 CS
K 1520-T	Lentil Soup Concentrate, Org. (462g/16/5 oz)	6's	6.60 EA	38.14 CS
NEW MORNING				
<u>With Amaranth & Oat Brand</u>				
5442-T	Honey Graham Crackers-No Salt(16oz)	12's	3.50 EA	40.40 CS
EDEN TRADITIONAL				
<u>Crackers</u>				
2490-R	Brown Rice Chips (60g)	20's	2.69 EA	51.74 CS
2492-R	Vegetable Chips (60g)	20's	2.28 EA	43.94 CS
2496-R	Brown Rice Crackers (100g)	10's	2.42 EA	23.27 CS
2497-R	Mochi Crackers Nori Maki (70g)	10's	3.63 EA	34.97 CS
2498-R	Seaweed Chips (80g)	20's	2.69 EA	51.74 CS
PREMIER OF JAPAN				
<u>Crackers & Sticks</u>				
2601-E	Brown Rice Crackers (Sesame) (70g)	12's	1.74 EA	20.12 CS
2602-E	Brown Rice Crackers (Seaweed)(70g)	12's	1.74 EA	20.12 CS
2603-E	Brown Rice Chili Sticks (50g)	12's	1.07 EA	12.32 CS
FANTASTIC FOODS				
<u>Soup</u>				
5060-E	Noodle Soup-Creamy Cheddar	12's	2.08 EA	24.02 CS
5061-E	Noodle Soup-Curry Vegetable	12's	2.08 EA	24.02 CS
5062-E	Noodle Soup-Miso Vegetable	12's	2.08 EA	24.02 CS
5063-E	Noodle Soup-Tomato Vegetable	12's	2.08 EA	24.02 CS

SOUPS/CRACKERS

Code Number	Product Description	Case Size	Unit Price	Case Price 5%Discounted
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EDWARD & SONSNatural Snack Sack-Wheat Free

2874-E	Mini Snaps (50g)	24's	.93 EA	21.53 CS
2877-E	Ginger Flowers (50g)	24's	1.07 EA	24.65 CS
2879-E	Sabi Snacks (50g)	24's	1.19 EA	27.46 CS
2881-E	Teriyaki Nuggets (50g)	24's	1.07 EA	24.65 CS
2883-E	Vegi Chips (50g)	12's	1.74 EA	20.12 CS
2885-E	Sea Vegi Chips (50g)	12's	1.74 EA	20.12 EA

Miso Cup Soup - Individual Packages

* 2840-D	Miso Cup Soup-Golden Light (18g)	24's	.80 EA	18.41 CS
* 2842-D	Miso Cup Soup-Seaweed (18g)	24's	.80 EA	18.419 CS

WESTBRAE NATURALThe Uncommon Ramen

K 3060-E	Brown Rice Ramen (3.1 oz)	20's	1.61 EA	30.94 CS
K 3061-E	Buckwheat Ramen (3.1 oz)	20's	1.61 EA	30.94 CS
3062-E	Carrot Ramen (3.1 oz)	20's	1.61 EA	30.94 CS
K 3063-E	Curry Ramen (3.1 oz)	20's	1.61 EA	30.94 CS
K 3064-E	Five Spice Ramen (3.1 oz)	20's	1.61 EA	30.94 CS
K 3065-E	Miso Ramen (3.1 oz)	20's	1.61 EA	30.94 CS
K 3066-E	Mushroom Ramen (3.1 oz)	20's	1.61 EA	30.94 CS
K 3067-E	Onion Ramen (3.1 oz)	20's	1.61 EA	30.94 CS
K 3068-E	Seaweed Ramen (3.1 oz)	20's	1.61 EA	30.94 CS
K 3069-E	Spinach Ramen (3.1 oz)	20's	1.61 EA	30.94 CS
K 3070-E	Tofu Ramen (3.1 oz)	20's	1.61 EA	30.94 CS
K 3071-E	Whole Wheat Ramen (3.1 oz)	20's	1.61 EA	30.94 CS

MIXES

Code Number	Product Description	Case Size	Unit Price	Case Price 5% Deducted
FANTASTIC FOODS				
K 5010-F	Frijoles Mix (136g)	12's	2.15 EA	24.80 CS
5011-F	Falafil Mix (283g)	12's	2.82 EA	32.60 CS
K 5013-F	Nature's Burger Mix (283g)	12's	2.55 EA	29.48 CS
5014-F	Tabouli Salad Mix (6oz)	12's	2.15 EA	24.80 CS
5015-F	Tempura Batter Mix (283g)	12's	2.69 EA	31.04 CS
K 5017-F	Vegetarian Chili Mix (181g)	12's	2.69 EA	31.04 CS
5019-F	Tofu Burger Mix (125g)	12's	2.15 EA	24.80 CS
K 5020-F	Tofu Scrambler Mix (77g)	12's	2.08 EA	24.02 CS
5070-F	Tofu Classic, Creamy Stroganoff (113g)	12's	2.96 EA	34.16 CS
5071-F	Tofu Classic, Mandarin chow mein (113g)	12's	2.96 EA	34.16 CS
5072-F	Tofu Classic, Shells N' Curry (113g)	12's	2.96 EA	34.16 CS
SUNFIELD				
<u>Lite Chef Tofu Dinner Mixes</u>				
5530-D	Pasta Italiano Mix (112g/4 oz)	12's	2.48 EA	29.81 CS
5531-E	Mandarin Almond Stir Fry (140g/5oz)	12's	2.48 EA	29.81 CS
5532-E	Rancheros Fiesta Mix (140g/5oz)	12's	2.48 EA	29.81 CS
<u>Perfect Baking Mixes - Organic</u>				
5540-F	Bread Mix-Pumpernickel (364g/13oz)	12's	2.35 EA	28.19 CS
5541-F	Bread Mix-Zucchini (308g/11oz)	12's	2.35 EA	28.19 CS
5561-E	Cake Mix-Banana (8.4oz/238g)	12's	3.36 EA	38.84 CS
5560-E	Cake Mix-Carrot (8.4oz/238g)	12's	3.36 EA	38.84 CS
5562-E	Cake Mix-Spice (9.3oz/264g)	12's	3.36 EA	38.84 CS
5545-F	Cookie Mix-Cinnamon Date (392g/14oz)	12's	2.35 EA	28.19 CS
5546-F	Cookie Mix-Oatmeal Raisin (392g/14oz)	12's	2.35 EA	28.19 CS
5547-F	Cookie Mix-Peanut Butter (392g/14oz)	12's	2.35 EA	28.19 CS
5550-E	Muffin Mix-Bran (100g/5.7oz)	12's	1.54 EA	18.47 CS
5551-E	Muffin Mix-Corn (100g/5.7oz)	12's	1.54 EA	18.47 CS
5555-E	Pancake Mix-Buckwheat (392g/14oz)	12's	2.01 EA	24.14 CS
5556-E	Pancake Mix-7 Grain (392g/14oz)	12's	2.01 EA	24.14 CS

DRIED FRUIT

Code Number	Product Description	Case Size	Unit Price	Case Price 5 % Deducted
TIMBERCREST FARMS				
Sonoma Brand - Packaged (Dried)				
5201-G	Almonds, Org. (10 oz)	12's	7.01 EA	80.96 CS
5203-E	Apples, Org. (4 oz)	12's	3.23 EA	37.28 CS
5205-F	Apricots, Org. (8 oz)	12's	5.12 EA	59.12 CS
5212-F	Cherries, Org. (8 oz)	12's	5.12 EA	59.12 CS
5214-G	Dates, Org. (16 oz)	12's	5.66 EA	65.36 CS
5216-G	Figs, Org. (12 oz)	12's	4.51 EA	52.10 CS
5218-G	Figs Calimyrna (White) (12 oz)	12's	5.39 EA	62.24 CS
5222-E	Mango (2 oz)	60's	1.34 EA	77.22 CS
5224-G	Mixed Fruits, Org. (8 oz)	12's	3.77 EA	43.52 CS
5225-G	Sonoma's Mixed Fruit, Org. (224g)	12's	6.06 EA	70.04 CS
5226-E	Papaya Slices (2 oz)	60's	1.07 EA	61.62 CS
5228-F	Peaches, Org. (8 oz)	12's	4.44 EA	51.32 CS
5232-G	Pears, Org. (8 oz)	12's	4.58 EA	52.88 CS
5236-F	Pineapple Rings (8 oz)	12's	4.91 EA	56.78 CS
5239-E	Pineapple Chips (2 oz)	60's	1.00 EA	57.72 CS
5250-G	Prunes Medium, Org. (16 oz)	12's	4.04 EA	46.64 CS
5252-G	Prunes Extra-Large, Org. (16 oz)	12's	4.04 EA	46.64 CS
5255-G	Pitted Prunes, Org. (12 oz)	12's	4.31 EA	49.76 CS
5260-G	Raisins Monukka, Org. (16 oz)	12's	4.04 EA	46.64 CS
5265-G	Raisins Thompsons, Org. (16 oz)	12's	4.04 EA	46.64 CS
5275-D	Sonoma's Dried Tomatoes, Salt (3 oz)	12's	2.82 EA	32.60 CS
5276-D	Sonoma's Dried Tomatoes (84g)	12's	4.44 EA	51.32 CS
5280-F	Wheat Nuts, Salted (6 oz)	12's	2.69 EA	31.04 CS

VEGETARIAN BURGERS/WEINERS/TEMPEH/ENTREES
(FROZEN)

Code Number	Product Description	Unit Size Size	Unit Price
LASOYARIE INC.			
	<u>Burgers</u>		
100 M	Tofu Burgers 300g	4's	2.84 PKG
200 M	Miso Burgers 300g	4's	2.84 PKG
300 M	Teriyaki Burgers 300g	4's	2.84 PKG
400 M	Ganmo Burgers 300g	4's	2.84 PKG
NOBLE BEAN			
	<u>Burger</u>		
500 M	Tempeh Burgers 127g EA	2's	1.62 PKG
YVES			
	<u>Weiners</u>		
600 M	Tofu Weiners	1 PKG=8 PC.	2.77 PKG
<u>SOY CITY FOODS</u>			
9040 G	Falafels (350g)	12's	2.96 EA
9042 G	Soyettes (350g)	12's	2.96 EA
9044 F	Soy Pro (350g)	16's	2.96 EA
9046 F	Bean Tempeh (250g)	24's	1.54 EA
9048 F	Grain Tempeh (250g)	24's	1.54 EA
VEGETARIAN GOURMET			
	<u>Gourmet Entrees</u>		
8970 G	Bean Grain Casserole (350g)	12's	4.04 EA
8972 G	Cashew Nut Chili (350g)	12's	4.04 EA
8974 G	Mushroom Paprikash (350g)	12's	4.04 EA
8976 G	Ratatouille (350g)	12's	4.04 EA
8978 G	Tofu Vegetable Quiche (350g)	12's	4.04 EA
8980 G	Vegetable Lasagna (350g)	12's	4.04 EA
8982 G	Vegetarian Mousakka (350g)	12's	4.04 EA
8984 G	Vegetable Stew (350g)	12's	4.04 EA

NOTE: ALL PRODUCTS ARE AVAILABLE IN CASE SIZES WITH AN ADDITIONAL 5% OFF!

- TOFU PASTA/FROZEN DINNERS/PIZZA -
(FROZEN)

Code Number	Product Description	Case Size	Unit Price	Case Price 5% Deducte
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VITASOY

Tofu Pasta & Patties

9000-G	Tofu Fettucine (350g)	12's	2.28 EA	26.36 CS
9002-G	Tofu Spaghetti (350g)	12's	2.28 EA	26.36 CS
9004-G	Tofu Rotini (350g)	12's	2.28 EA	26.36 CS
9006-G	Tofu Spinach Fettucine (350g)	12's	2.28 EA	26.36 CS
9008-G	Tofu Spinach Spaghetti (350g)	12's	2.28 EA	26.36 CS
9020-F	Tofu Patties (170g/2 patties)	18's	1.88 EA	32.53 CS
9022-F	Tofu Patties W/Cheese (170g/2 pat)	18's	2.01 EA	34.87 CS

GOLDBERG'S GOURMET

Frozen Dinners

8950-G	Chili (448g)	6's	4.51 EA	26.05 CS
8952-G	Curry (448g)	6's	4.51 EA	26.05 CS
8954-G	Ratatouille (448g)	6's	4.51 EA	26.05 CS

PIZSOY

Pizza

8900-F	Small 9 " Pizsoy (280g)	6's	4.64 EA	26.83 CS
8900-G	Large 14" Pizsoy (448g)	6's	6.06 EA	35.02 CS

LIGHTLIFE

Tofu Pups - Meatless Frankfurters

9030-G	Tofu Pups (340 g/8 per pk.)	12's	3.56 EA	
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LIFESTREAM

Vegi-Patties

8890-F	Vegi-Patties (336 g)	12's	2.89 EA	
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NATURE'S PATH

Patties

9140-G	Original (336 g)	10's	2.96 EA	
9141-G	Barbeque (336 g)	10's	2.96 EA	
9140-H	Original Family Pack (924 g)	4's	6.74 EA	

NEW PRODUCT LIST

FROZEN DESERTS

Code Number	Product Description	Case Size	Unit Price
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ICE BEAN - KOSHER

Non-Dairy Frozen Desert - Made from fresh Soy Milk & Honey Sweetened.

8580-T	Carob Super Crunch (500 g)	8's	3.90 EA
8581-T	Cherry Vanilla (500 g)	8's	3.90 EA
8582-T	Honeyberry (500 g)	8's	3.90 EA
8583-T	Honey Vanilla (500 g)	8's	3.90 EA
8584-T	Mint Chocolate Chip (500 g)	8's	3.90 EA
8585-T	Nutty Honey Vanilla (500 g)	8's	3.90 EA
8586-T	Strawberry (500 g)	8's	3.90 EA
8587-T	Toasted Almond Fudge (500 g)	8's	3.90 EA
8580-S	Carob Sandwich (6 per bx/500 g)	6's	8.02 EA
8581-S	Honey Vanilla Sand. (6 per bx/500 g)	6's	8.02 EA
8582-S	Peanut Butter Sandwich (6 per bx/500 g)	6's	8.02 EA
8580-R	Chocolate Bar (6 per bx/500 g)	6's	8.02 EA
8588-R	Honey Vanilla Bar (6 per bx/500 g)	6's	8.02 EA
8589-R	Peanut Butter Bar (6 per bx/500 g)	6's	8.02 EA

NATURAL NECTAR

Frozen Deserts

8630-T	Honey Vanilla Ice Cream (500 ml)	8's	3.23 EA
8632-T	Mocha Honey Ice Cream (500 ml)	8's	3.23 EA
8634-T	Raspberry Swirl Honey Ice Cream (500 ml)	8's	3.23 EA
8636-T	Royal Dutch Choc. Honey Ice Cream (500 ml)	8's	3.23 EA
8640-T	Nectar Pie Novelties (3 per bx/300 g)	12's	3.63 EA
8641-T	Mocha Pie Novelties (3 per bx/300 g)	12's	3.63 EA
8648-T	Lemony Lime Nectar Bar (4 per bx/336 g)	12's	3.90 EA
8649-T	Tropical Delight Nec. Bar (4 per bx/336 g)	12's	3.90 EA
8655-T	Cocoa Fudge N' Cream Freeze (4 per/336 g)	12's	3.90 EA
8656-T	Wildberry N' Cream Freeze (4 per/336 g)	12's	3.90 EA

GONE BANANAS

Frozen Dipped Bananas

8530-R	Carob & Almond Coated (454 g)	6's	4.98 EA
8532-R	Chocolate & Almond Coated (454 g)	6's	4.98 EA
8534-R	Carob & Peanut Coated (26 g)	24's	1.61 EA
8536-R	Chocolate & Peanut Coated (26 g)	24's	1.61 EA

RICE DREAM - NEW ADDITIONS - KOSHER!

8542-R	Chocolate Bars (98 g)	24's	1.34 EA
8554-R	Vanilla Bars (98 g)	24's	1.34 EA
8558-T	Mint Carob Chip (500 ml)	8's	3.02 EA
8560-T	Vanilla Swiss Almond (500 ml)	8's	3.02 EA
8562-T	Neopolitan (1.14 Lt)	6's	5.12 EA
8564-T	Vanilla (1.14 Lt)	6's	5.12 EA

FROZEN DESSERTS

Code Number	Product Description	Case Size	Unit Price	Case Price 5% Deducted
NOUVELLE SORBET				
<u>"Fruit Juice Sweetened" Ice Cream</u>				
K 8500-T	Banana Walnut Ice Cream (500ml)	8's	3.83 EA	29.54 CS
K 8502-T	Carob Carob Chip Ice Cream (500ml)	8's	3.83 EA	29.54 CS
K 8504-T	German Choc. Chip Ice Cream (500ml)	8's	3.83 EA	29.54 CS
K 8506-T	Pure Chocolate Ice Cream (500 ml)	8's	3.83 EA	29.54 CS
K 8508-T	Strawberries & Cream Ice Cream (500ml)	8's	3.83 EA	29.54 CS
K 8510-T	Vanilla Creme Ice Cream (500ml)	8's	3.83 EA	29.54 CS
K 8512-T	Vanilla Swiss Almond Ice Cream (500ml)	8's	3.83 EA	29.54 CS
<u>Sorbet</u>				
K 8520-T	Lemon Sorbet (500ml)	8's	3.50 EA	26.94 CS
K 8522-T	Passion Fruit Sorbet (500ml)	8's	3.50 EA	26.94 CS
K 8524-T	Raspberry Sorbet (500ml)	8's	3.50 EA	26.94 CS
K 8526-T	Strawberry Sorbet (500ml)	8's	3.50 EA	26.94 CS
RICE DREAM				
<u>Non-Dairy Frozen Dessert</u>				
K 8540-T	Cappuccino Rice Dream (500ml)	8's	3.02 EA	23.30 CS
K 8542-T	Carob Almond Rice Dream (500ml)	8's	3.02 EA	23.30 CS
K 8544-T	Carob Chip Rice Dream (500ml)	8's	3.02 EA	23.30 CS
K 8546-T	Carob Peanut Butter Fudge Rice Dream (500ml)	8's	3.02 EA	23.30 CS
K 8548-T	Cocoa Marble Fudge Rice Dream (500ml)	8's	3.02 EA	23.30 CS
K 8550-T	Lemon Rice Dream (500ml)	8's	3.02 EA	23.30 CS
K 8552-T	Strawberry Rice Dream (500ml)	8's	3.02 EA	23.30 CS
K 8554-T	Vanilla Rice Dream (500ml)	8's	3.02 EA	23.30 CS
K 8556-T	Wildberry Rice Dream (500ml)	8's	3.02 EA	23.30 CS
<u>Single-Serving "Squeeze-Up"</u>				
K 8570-R	Carob Peanut Butter Fudge (125ml)	24's	1.07 EA	24.65 CS
K 8572-R	Cocoa Marble Fudge (125ml)	24's	1.07 EA	24.65 CS
K 8574-R	Strawberry (125ml)	24's	1.07 EA	24.65 CS
K 8576-R	Vanilla (125ml)	24's	1.07 EA	24.65 CS
K 8578-R	Wildberry (125ml)	24's	1.07 EA	24.65 CS

YOGURT/FROZEN YOGURT ICE CREAM

Code Number	Product Description	Case Size	Unit Price	Case Price 5% Deducted
KENN-MARC DAIRY				
<u>Yogurt</u>				
8000-G	Plain - 3% Yogurt (500g)	18's	1.28 EA	22.23 CS
8000-H	Plain - 3% Yogurt (1 Kg)	12's	2.28 EA	26.36 CS
8002-G	Plain - 2% Yogurt (500g)	18's	1.74 EA	30.19 CS
8002-H	Plain - 2% Yogurt (1 Kg)	12's	2.28 EA	26.36 CS
8004-H	Skim - Yogurt (1 Kg)	12's	2.16 EA	24.96 CS
8010-F	Fruit Bottom-Blueberry Yogurt(200g)	48's	1.00 EA	46.18 CS
8010-G	Fruit Bottom-Blueberry Yogurt(500g)	18's	2.28 EA	39.55 CS
8012-F	Fruit Bottom-Cherry Yogurt(200g)	48's	1.00 EA	46.18 CS
8012-G	Fruit Bottom-Cherry Yogurt(500g)	18's	2.28 EA	39.55 CS
8014-F	Fruit Bottom-Peach Yogurt(200g)	48's	1.00 EA	46.18 CS
8014-G	Fruit Bottom-Peach Yogurt(500g)	18's	2.28 EA	39.55 CS
8016-F	Fruit Bottom-Raspberry Yogurt(200g)	48's	1.00 EA	46.18 CS
8016-G	Fruit Bottom-Raspberry Yogurt(500g)	18's	2.28 EA	39.55 CS
8018-F	Fruit Bottom-Strawberry Yogurt(200g)	48's	1.00 EA	46.18 CS
8018-G	Fruit Bottom-Strawberry Yogurt(500g)	18's	2.28 EA	39.55 CS
<u>Frozen Yogurt Ice Cream</u>				
8600-R	Banana-Yogurt Ice Cream (150 ml)	48's	.80 EA	36.82 CS
8600-T	Banana-Yogurt Ice Cream (1 Litre)	12's	2.96 EA	34.16 CS
8602-R	Blueberry-Yogurt Ice Cream (150 ml)	48's	.80 EA	36.82 CS
8602-T	Blueberry-Yogurt Ice Cream(1 Litre)	12's	2.96 EA	34.16 CS
8604-R	Butter Pecan (150 ml)	48's	.80 EA	36.82 CS
8604-T	Butter Pecan (1 Litre)	12's	2.96 EA	34.16 CS
8606-R	Butterscotch (150 ml)	48's	.80 EA	36.82 CS
8606-T	Butterscotch (1 Litre)	12's	2.96 EA	34.16 CS
8608-R	Cherry (150 ml)	48's	.80 EA	36.82 CS
8608-T	Cherry (1 Litre)	12's	2.96 EA	34.16 CS
8610-R	Chocolate (150 ml)	48's	.80 EA	36.82 CS
8610-T	Chocolate (1 Litre)	12's	2.96 EA	34.16 CS
8612-R	Chocolate Chip (150 ml)	48's	.80 EA	36.82 CS
8612-T	Chocolate Chip (1 Litre)	12's	2.96 EA	34.16 CS
8614-R	Maple Walnut (150 ml)	48's	.80 EA	36.82 CS
8614-T	Maple Walnut (1 Litre)	12's	2.96 EA	34.16 CS
8616-R	Orange Pineapple (150 ml)	48's	.80 EA	36.82 CS
8616-T	Orange Pineapple (1 Litre)	12's	2.96 EA	34.16 CS
8618-R	Peach (150 ml)	48's	.80 EA	36.82 CS
8618-T	Peach (1 Litre)	12's	2.96 EA	34.16 CS
8620-R	Raspberry (150 ml)	48's	.80 EA	36.82 CS
8620-T	Raspberry (1 Litre)	12's	2.96 EA	34.16 CS
8622-R	Strawberry (150 ml)	48's	.80 EA	36.82 CS
8622-T	Strawberry (1 Litre)	12's	2.96 EA	34.16 CS
8624-R	Vanilla (150 ml)	48's	.80 EA	36.82 CS
8624-T	Vanilla (1 Litre)	12's	2.96 EA	34.16 CS

TRADITIONAL JAPANESE FOODS

Code Number	Product Description	Case Size	Unit Price	Case Price 5% Deducted
<u>EDEN TRADITIONAL JAPANESE</u>				
<u>Natural Soy Sauce (Shoyu)</u>				
2101-R	Shoyu Regular (148 ml/5 oz)	12's	2.55 EA	29.48 CS
2101-T	Shoyu Regular (473 ml/16 oz)	12's	3.90 EA	45.08 CS
2101-W	Shoyu Regular (946 ml/32 oz)	12's	7.28 EA	84.08 CS
<u>Natural Soy Sauce (Shoyu-Organic)</u>				
K 2102-R	Shoyu, Org. (148 ml/5 oz)	12's	2.96 EA	34.16 CS
<u>Natural Soy Sauce (Shoyu)-Low Salt</u>				
2104-T	Shoyu, Low Salt (473 ml/16 oz)	12's	5.25 EA	60.68 CS
<u>Natural Soy Sauce (Shoyu)-Wheat Free</u>				
K 2106-R	Shoyu Wheat Free (148 ml/5 oz)	12's	3.02 EA	34.94 CS
K 2106-T	Shoyu Wheat Free (473 ml/16 oz)	12's	5.39 EA	63.13 CS
K 2106-W	Shoyu Wheat Free (946 ml/32 oz)	12's	10.11 EA	116.84 CS
<u>Miso-Packaged</u>				
2121-G	Genmai Miso-Brown Rice (400g)	12's	4.44 EA	51.32 CS
2122-G	Hacho Miso-Soya (400g)	12's	4.58 EA	52.88 CS
2124-G	Kome Miso-Rice (400g)	12's	3.23 EA	37.28 CS
2125-G	Mugi Miso-Barley (400g)	12's	3.50 EA	40.40 CS
2127-G	Shiro Miso-Yonge Miso (400g)	12's	4.85 EA	56.00 CS
2128-G	Soba Miso-Buckwheat (400g)	12's	7.55 EA	87.20 CS
<u>Sea Vegetables-Packaged</u>				
2141-E	Arame (77g)	12's	3.36 EA	38.84 CS
2143-E	Hijiki (77g)	12's	5.79 EA	66.92 CS
2144-D	Kizami Nori (10g)	12's	3.50 EA	40.40 CS
2145-E	Kombu (77g)	12's	4.71 EA	54.44 CS
2146-E	Mekabu (78g)	12's	3.56 EA	41.18 CS
2147-D	Nori, 10 sheets (25g)	12's	5.12 EA	59.12 CS
2148-D	Sushi Nori, 7 sheets (25g)	12's	5.12 EA	59.12 CS
2149-E	Wakame (77g)	12's	3.90 EA	45.08 CS
2150-D	Wakame Flakes (50g)	12's	5.86 EA	67.70 CS
<u>Teas & Beverages -Packaged</u>				
2301-E	Green Tea (4 oz bags)	12's	4.44 EA	51.32 CS
2304-C	Kukicha (Twig) Tea 24 tea bags	12's	5.93 EA	68.48 CS
2304-E	Kukicha (Twig) Tea 4 oz bags	12's	2.82 EA	32.60 CS
2307-E	Lotus Root Tea (50g/1.75 oz bags)	12's	2.69 EA	31.04 CS
2310-D	MU-9 Packages	20's	4.04 EA	77.74 CS
2312-D	MU-16 Packages	20's	3.97 EA	76.44 CS
<u>Starch</u>				
2315-E	Kuzu Bag (113g)		4.85 EA	4.85 CS
2315-G	Kuzu Bag (454g)		14.84 EA	14.84 CS

TRADITIONAL JAPANESE FOODS

Code Number	Product Description	Case Size	Unit Price	Case Price 5% Deducted
<u>EDEN TRADITIONAL JAPANESE (cont'd)</u>				
<u>Candies</u>				
2370-E	Lotus Bonbons (130G)	12's	3.23 EA	37.28 CS
2372-E	Ginger Bonbons (130g)	12's	2.62 EA	30.26 CS
<u>Condiments</u>				
2401-D	Agar Agar Bars	14g 12's	3.09 EA	35.72 CS
2404-D	Agar Agar Flakes	28g 12's	3.90 EA	45.08 CS
2405-T	Amazake, Org.	250mL 12's	6.33 EA	73.16 CS
2406-D	Bonita Flakes	30g 12's	4.04 EA	46.64 CS
2408-G	Hatomugi	500g 12's	9.37 EA	108.26 CS
2410-T	Mirin	300mL 12's	4.44 EA	85.54 CS
2411-E	Nigari	250g 12's	3.63 EA	41.96 CS
2412-F	Nori Condiment	170g 12's	6.74 EA	77.84 CS
2414-R	Ponzu Sauce	200mL 12's	3.63 EA	41.96 CS
2415-F	Pickled Daikon	200g 12's	5.12 EA	59.12 CS
2420-E	Pickled Ginger	60g 12's	4.04 EA	46.64 CS
2422-E	Eden Pickled Beefsteak Leaves	50g 12's	4.71 EA	54.44 CS
2423-E	Eden Shake-Furikake	50g 12's	4.04 EA	46.64 CS
2425-E	Shiso Leaf Powder	50g 10's	1.88 EA	18.07 CS
2430-E	Tekka	80g 12's	5.39 EA	62.24 CS
2435-F	Dried Tofu	200g 12's	6.33 EA	73.16 CS
2439-S	Umeboshi Miso Sauce	200g 12's	5.66 EA	65.36 CS
2440-F	Umeboshi Paste	250g 12's	7.28 EA	84.08 CS
2445-F	Umeboshi Plums	250g 12's	12.14 EA	140.24 CS
2450-R	Umeboshi Vinegar	148/5 oz 12's	2.98 EA	35.72 CS
2452-D	Wasabi Powder	25g 12's	8.09 EA	155.74 CS
<u>Supplements (Salt Free)</u>				
2460-R	UME Balls (300 balls)	12's	19.56	226.04 CS
2465-P	UME Concentrate-Umeboshi Extract (40g)	12's	6.33	73.16 CS
2455-E	Yansen Dandelion Root Conc. (40g)	12's	20.64	238.52 CS
<u>Precooked Dinners</u>				
2471-R	Br.Rice w/Adzuki & Gomasio (175g)	12's	3.02	34.94 CS
2473-R	Br.Rice w/Seaweed & Gomasio (175g)	12's	3.02	34.94 CS
2475-R	Br.Rice w/Vegetables & Gomasio (150g)	12's	3.02	34.94 CS
2480-T	Mochi-Vacuum Packed (397g)	20's	6.33	121.94 CS
<u>Crackers</u>				
2490-R	Brown Rice Chips (60g)	20's	2.69 EA	51.74 CS
2492-R	Vegetable Chips (60g)	20's	2.28 EA	43.94 CS
2496-R	Brown Rice Crackers (100g)	10's	2.42 EA	23.27 CS
2497-R	Mochi Crackers Nori Maki (70g)	10's	3.63 EA	34.97 CS
2498-R	Seaweed Chips (80g)	20's	2.69 EA	51.74 CS

TRADITIONAL JAPANESE FOODS

Code Number	Product Description	Case Size	Unit Price	Case Price 5% Deducted
<u>EDEN TRADITIONAL JAPANESE (cont'd)</u>				
<u>Mushrooms</u>				
2498-P	Shimeji Mushrooms-Cluster (25g)	12's	6.13 EA	70.82 CS
2499-P	Shimeji Mushrooms-Sliced (40g)	10's	10.79 EA	124.64 CS
2500-P	Shimeji Mushrooms-Whole (50g)	12's	10.79 EA	124.64 CS
<u>PREMIER OF JAPAN</u>				
<u>Natural Soy Sauce (Shoyu)</u>				
2680-R	Shoyu Regular (150 ml)	24's	2.69 EA	62.09 CS
2680-T	Shoyu Regular (500 ml)	12's	4.31 EA	49.76 CS
2680-W	Shoyu Regular (1000 ml)	12's	8.02 EA	92.66 CS
2684-R	Shoyu Mild (150 ml)	24's	1.74 EA	40.25 CS
2684-T	Shoyu Mild (500 ml)	12's	4.78 EA	55.22 CS
2684-W	Shoyu Mild (1000 ml)	12's	9.17 EA	105.92 CS
<u>Miso (Packaged)</u>				
2630-G	Mugi Miso (Barley) (500g)	12's	3.97 EA	45.86 CS
2632-G	Genmai Miso (Brown Rice) (300g)	12's	3.43 EA	39.62 CS
<u>Sea Vegetables (Packaged)</u>				
2648-D	Agar Agar Flakes (28.4g)	12's	3.70 EA	42.74 CS
2649-D	Toasted Nori (25g)	12's	4.04 EA	46.64 CS
2650-D	Instant Wakame (20g)	12's	3.63 EA	41.96 CS
2651-F	Chopped Kombu (100g)	12's	4.58 EA	52.88 CS
2652-E	Hijiki (60g)	12's	3.63 EA	41.96 CS
<u>Pastas (Packaged)</u>				
2615-G	Udon Noodles (250g)	12's	2.69 EA	31.04 CS
2616-G	Soba Noodles (250g)	12's	2.69 EA	31.04 CS
<u>Ramens (Packaged)</u>				
2608-E	Ramen Rice (85g)	30's	1.13 EA	32.76 CS
2609-E	Ramen Buckwheat (85g)	30's	1.13 EA	32.76 CS
2610-E	Ramen Pearl Barley (85g)	30's	1.13 EA	32.76 CS
2611-E	Ramen Wakame (85g)	30's	1.13 EA	32.76 CS
<u>Teas and Beverages</u>				
2620-D	Bancha Tea Bags (50g)	12's	2.28 EA	26.36 CS
2621-D	Genmaicha Tea Bags (50g)	12's	2.28 EA	26.36 CS
2622-D	Kukicha Tea Bags (50g)	12's	2.28 EA	26.34 CS
<u>Starch</u>				
2645-E	Kuzu (100g)	12's	4.04 EA	46.64 CS

TRADITIONAL JAPANESE FOODS

Code Number	Product Description	Case Size	Unit Price	Case Price 5% Deducted
<u>PREMIER OF JAPAN (cont'd)</u>				
<u>Condiments</u>				
2670-R	Ponzu Sauce (200 ml)	12's	4.58 EA	52.88 CS
2646-E	Pickled Ginger (60g)	12's	1.88 EA	21.68 CS
2647-F	Pickled Dalkon (Tokvan) (200g)	12's	4.24 EA	48.98 CS
2660-F	Shoyu Marinada (170g)	12's	3.77 EA	43.52 CS
2661-F	Miso Marinada (170g)	12's	3.63 EA	41.96 CS
2662-D	Wasabi Powder (25g)	12's	3.63 EA	41.96 CS
<u>Oils & Vinegars</u>				
2641-T	Brown Rice Vinegar (300 ml)	12's	5.79 EA	66.92 CS
2674-T	Mirin (Cooking Wine) (300 ml)	12's	3.43 EA	39.62 CS
2673-R	Toasted Sesame Oil (110 ml)	12's	3.77 EA	43.52 CS
<u>Crackers & Sticks</u>				
2601-E	Brown Rice Crackers (Sesame) (70g)	12's	1.74 EA	20.12 CS
2602-E	Brown Rice Crackers (Seaweed) (70g)	12's	1.74 EA	20.12 CS
2603-E	Brown Rice Chili Sticks (50g)	12's	1.07 EA	12.32 CS
<u>Seeds & Beans</u>				
2643-F	Adzuki Beans (250g)	12's	3.29 EA	38.06 CS
2663-E	Roasted Black Sesame Seeds (65g)	12's	1.34 EA	15.44 CS
<u>Spices</u>				
2671-E	Goma Shio White (70g)	12's	1.81 EA	20.90 CS
2672-E	Goma Furikake Black (70g)	12's	3.02 EA	34.94 CS
<u>Quick Cooking</u>				
2665-F	Quick Brown Rice Porridge (190g)	12's	3.16 EA	36.50 CS
2666-F	Quick Brown Rice w/Vegetables (190g)	12's	2.42 EA	27.92 CS
<u>Mushrooms</u>				
2644-D	Shiitake Mushrooms-Whole (50g)	12's	8.09 EA	93.44 CS
<u>Sweeteners</u>				
2640-F	Brown Rice Malt Syrup (300g)	12's	5.79 EA	66.92 CS

BATHROOM SUPPLIES

- ALL NATURAL -

Code Number	Product Description	Case Size	Unit Price	Case Price 5% Deducted
TOM'S OF MAINE				
<u>Toothpaste</u>				
7701-Q	Fennel (50ml/3 oz)	6's	3.90 EA	22.54 CS
7701-R	Fennel (100ml/5 oz)	6's	5.52 EA	31.90 CS
7702-Q	Spearmint (50ml/3 oz)	6's	3.90 EA	22.54 CS
7702-R	Spearmint (100ml/5 oz)	6's	5.52 EA	31.90 CS
7703-Q	Cinnamint (50ml/3 oz)	6's	3.90 EA	22.54 CS
7703-R	Cinnamint (100ml/5 oz)	6's	5.52 EA	31.90 CS
<u>Flossing Tape</u>				
7722-A	Spearmint (40 yards)	6's	5.52 EA	31.90 CS
7723-A	Cinnamint (40 yards)	6's	5.52 EA	31.90 CS
<u>Mouthwash</u>				
7731-T	Fennel (400ml/13.5 oz)	6's	6.60 EA	38.14 CS
7732-T	Spearmint (400ml/13.5 oz)	6's	6.60 EA	38.14 CS
7733-T	Cinnamint (400ml/13.5 oz)	6's	6.60 EA	38.14 CS
<u>Toothbrush</u>				
7740-A	Adult Size - Medium	12's	3.56 EA	41.18 CS
7741-A	Children's Size	12's	2.96 EA	34.16 CS
<u>Deodorant - Sticks</u>				
7754-D	Apple (71g/2.5 oz)	6's	6.06 EA	35.02 CS
7755-D	Honeysuckle (71g/2.5 oz)	6's	6.06 EA	35.02 CS
7756-D	Unscented (71g/2.5 oz)	6's	6.06 EA	35.02 CS
7757-D	Mint Stick (65 g)	6's	6.06 EA	35.02 CS
<u>Deodorant - Roll Ons</u>				
7765-E	Honeysuckle (88ml/3 oz)	6's	6.06 EA	35.02 CS
7766-E	Unscented (88ml/3 oz)	6's	6.06 EA	35.02 CS
<u>Shaving Creams</u>				
7775-Q	Honeysuckle (85g/3 oz)	12's	5.05 EA	58.34 CS
7777-Q	Mint (85g/3 oz)	6's	5.05 EA	58.34 CS
<u>Natural Shampoo with Aloe & Almond</u>				
7790-T	For Normal Hair (355ml/12 oz)	6's	6.06 EA	35.02 CS
7791-T	For Dry Hair (355ml/12 oz)	6's	6.06 EA	35.02 CS
<u>Baby Shampoo</u>				
7795-T	Natural Baby Shampoo (355ml/12 oz)	6's	6.06 EA	35.02 CS
<u>Natural Conditioner with Aloe & Almond</u>				
7797-T	Natural Conditioner (355ml/12 oz)	6's	6.06 EA	35.02 CS

BULK PASTA
Case Purchase Only
AN EVEN LARGER SAVINGS!

Code Number	Product Description	Case Size	Unit Price	Case Price
EDEN BRAND				
5651-K	Alphabets, Whole Wheat, Org.	10lb	1.55 LB	15.47 BX
5653-K	Elbows, Whole Wheat, Org.	10lb	1.55 LB	15.47 BX
5655-K	Elbows, Vegetable, Whole Wheat, Org.	10lb	1.68 LB	16.77 BX
5657-K	Flats, Whole Wheat, Org.	10lb	1.61 LB	16.12 BX
5658-K	Flats, Spinach, Whole Wheat	10lb	2.07 LB	20.67 BX
5660-K	Lasagna, Whole Wheat, Org.	10lb	1.81 LB	18.07 BX
5664-K	Shells, Vegetable, Org.	10lb	1.72 LB	17.42 BX
5665-K	Shells, Whole Wheat, Org.	10lb	1.55 LB	15.47 BX
5666-K	Spaghetti, Spinach	10lb	1.87 LB	18.72 BX
5667-K	Spaghetti, Whole Wheat, Org.	10lb	1.48 LB	14.82 BX
5668-K	Spaghetti, Artichoke	10lb	1.81 LB	18.07 BX
5669-K	Spirals, Whole Wheat, Org.	10lb	1.61 LB	16.12 BX
5670-K	Spirals, Rice Sesame	10lb	1.94 LB	19.37 BX
5671-K	Spirals, Vegetable	10lb	1.81 LB	18.07 BX
COMMERCIAL PRODUCTS				
5681-L	Egg Fettucini	22lb	1.29 LB	28.31 CS
5684-L	Soya Elbows	22lb	1.61 LB	32.24 CS
5685-K	Soya Lasagna	11lb	1.55 LB	17.02 CS
5686-L	Soya Spaghetti	22lb	1.61 LB	32.24 CS
5687-L	Spinach Elbows	22lb	1.29 LB	28.31 CS
5688-L	Spinach Fettucini	22lb	1.87 LB	37.44 CS
5689-K	Spinach Lasagna	11lb	1.48 LB	16.30 CS
5690-L	Spinach Spaghetti	22lb	1.87 LB	37.44 CS
5692-L	Vegetable Elbows	22lb	1.29 LB	28.31 CS
5693-L	Vegetable Shells	22lb	1.29 LB	28.31 CS
5694-L	Vegetable Spirals	22lb	1.61 LB	32.24 CS
5697-L	Whole Wheat (50%) Elbows	22lb	1.61 LB	32.24 CS
5698-K	Whole Wheat (50%) Lasagna	11lb	1.42 LB	15.59 CS
5699-L	Whole Wheat (50%) Spaghetti	22lb	1.61 LB	32.24 CS

TM/MC

WALNUT HILL FARMS

WALNUT HILL FARMS is introducing a new, all natural cheese line with an "easy to merchandise" package !!! This new cheese line offers you the retailer and your customer a broad range of choices. Included in the line are cheeses WITHOUT RENNET . . . and WITHOUT COLOUR WITHOUT RENNET but WITH NATURAL COLOUR .

All of the cheeses included in this new line are ALL NATURAL they contain NO PRESERVATIVES and NO NITRATES All the cheeses are vacuum packed to retain their original freshness and great taste !!!!!!!

SOME IMPORTANT FACTS ABOUT WALNUT HILL FARMS NEW, ALL NATURAL CHEESE LINE !!!

WHY NO RENNET ??? - WALNUT HILL FARMS has offered its cheese in a rennetless form. This allows you to offer your customers the purest form on cheese, including your macrobiotic faithfuls. Generally, most cheeses on the market contain rennet which is made from a calf's stomach.

COLOUR THAT'S NATURAL !!! - In keeping with its dedication to only the highest quality natural foods, but recognizing the broad range of customers needs, WALNUT HILL FARMS also offers many of its RENNETLESS cheese WITH NATURAL COLOUR but importantly, the colour used is a NATURAL COLOURING derived from the ANNATTO seed.

CHEDDARS MADE FROM RAW MILK !!! - All of WALNUT HILL FARMS' Cheddars are made from fresh, unpastuerized, raw milk. This requires more care and longer aging. The advantage is that the milk retains certain enzymes and "good" bacteria. This aids the body in digestion and allows better assimilation not to mention its taste integrity !!! Because raw milk cheese must be aged longer, many softer cheese that are not aged for the same required time, cannot be made from raw milk.

AGING OF CHEDDARS !!! - WALNUT HILL FARMS takes pride and care in the aging of its cheddar cheeses. Their MILD is aged for no less than 2 months, their MEDIUM for 5 to 7 months, their OLD for 11 to 14 months, and their EXTRA OLD for 16 to 20 months. The result of this extra care and aging is a distinctively high quality flavour and texture.

WHY CHEESE CURDS COME TO YOU FROZEN !!! After WALNUT HILL FARMS' curds are made, they are immediately frozen and shipped to to us here at ALPHA. They remain in our freezers until we ship them to you. By doing this, you are assured of getting the freshest cheese curds available.

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SIZING - The majority of WALNUT HILL FARMS cheeses are available in

- (1) RANDOM CUT PIECES - that must be individually weighed and priced at store level, are available in a mini case of 6 (each of the 6 pieces will weigh between 300g and 400g each) with a case weight of 2.49kg/5-1/2 lbs. SOLD IN CASE LOTS ONLY !

BILINGUAL LABELLING - Great news every cheese pack in this new line has bilingual labelling that is legal across Canada.

BULK CHEESE
CASE PURCHASE ONLY

(Each of the 7 individually wrapped pieces will
weigh between 300g & 400g each - with a case weight of 2.49KG)

Code Number	Product Description	Case Size	MF Moisture	Unit Price	Case Price
WALNUT HILL FARMS (FROZEN)					
<u>No Rennet Or Colour Added</u>					
8100-G	Brick Cheese (300-400g)	7's	29%/42%	10.00 KG	24.90 CS
8102-G	Raw Milk Cheddar-Mild (300-400g)	7's	31%/39%	9.74 KG	24.25 CS
8104-G	Raw Milk Cheddar-Medium(300-400g)	7's	31%/39%	10.19 KG	25.38 CS
8106-G	Raw Milk Cheddar-Old (300-400g)	7's	31%/37%	10.58 KG	26.35 CS
8108-G	Raw Milk Cheddar- Extra Old (300-400g)	7's	31%/37%	11.62 KG	28.94 CS
8110-G	Farmer's Cheese (300-400g)	7's	28%/44%	9.74 KG	24.25 CS
8112-G	Farmer's with Caraway Seeds (300-400g)	7's	29%/42%	9.80 KG	24.40 CS
8114-G	Farmer's with Garlic (300-400g)	7's	29%/42%	9.80 KG	24.40 CS
8116-G	Farmer's with Onion/Parsley (300-400g)	7's	29%/42%	9.80 KG	24.40 CS
8118-G	Mozzarella Cheese (300-400g)	7's	25%/45%	9.74 KG	24.25 CS
8120-G	Partly Skimmed Cheese (300-400g)	7's	12%/50%	9.74 KG	24.25 CS
8122-G	Skim Milk Cheese (300-400g)	7's	7%/55%	9.74 KG	24.25 CS
8124-G	Unsalted Partly Skimmed Cheese (300-400g)	7's	20%-48%	9.80 KG	24.40 CS
8150-G	Raw Milk Cheddar-Mild (300-400g)	7's	31%-39%	9.80 KG	24.40 CS
8152-G	Raw Milk Cheddar-Medium(300-400g)	7's	31%-39%	10.26 KG	25.55 CS
8154-G	Raw Milk Cheddar-Old (300-400g)	7's	31%/37%	10.65 KG	26.51 CS
8156-G	Raw Milk Cheddar-Extra-Old (300-400g)	7's	31%/37%	11.69 KG	29.09 CS
8158-G	Cheese Curds (336g)	1's	31%/40%	3.89 BG	2.99 CS
8160-G	Colby Cheese (300-400g)	7's	29%/42%	9.74 KG	24.25 CS
8162-G	Marble Cheese (300-40g)	7's	29%-41%	10.84 KG	27.00 CS
8164-G	Monterey Jack Cheese (300-400g)	7's	29%/44%	9.35 KG	23.27 CS
8166-G	Havarti Cheese (300-400g)	7's	23%/50%	11.43 KG	28.46 CS

PLEASE NOTE: ONE CASE MAY INCLUDE 7 DIFFERENT TYPES OF CHEESES

BULK FOOD
Case Purchase Only
 AN EVEN LARGER SAVINGS!

Code Number	Product Description	Case Size	Cost Per Lb	Case Price
COMMERCIAL PRODUCTS				
<u>Rice & Rice Products</u>				
4101-E	Wild Rice (Giant) (4 oz)	4 oz	3.04 EA	3.16 BG
4101-F	Wild Rice (Giant) (227g/8 oz)	8 oz	5.64 EA	5.86 BG
4101-G	Wild Rice (Giant)	1 lb	10.78 LB	8.29 BG
4101-H	Wild Rice (Giant)	5 lb	10.39 LB	51.94 BG
4103-L	Sweet Rice (Lundberg)	25lb	.83 LB	20.80 BG
4108-K	Brown Rice Flour	11lb	.96 LB	10.58 BG
4108-L	Brown Rice Flour	26lb	.90 LB	23.67 BG
4109-K	Cream of Brown Rice	11lb	.96 LB	10.58 BG
4109-L	Cream of Brown Rice	26.4lb	.90 LB	23.67 BG
4110-L	Premium Brown Rice Short(Lundberg)	25lb	.70 LB	17.55 BG
4110-M	Premium Brown Rice Short(Lundberg)	50lb	.64 LB	31.85 BG
4111-L	Premium Brown Rice Long (Lundberg)	25lb	.77 LB	19.18 BG
4111-M	Premium Brown Rice Long (Lundberg)	50lb	.70 LB	35.10 BG
4112-L	White Rice Long Grain (Dainty)	22lb	.57 LB	12.58 BG
4113-L	Rice Flakes (Lundberg)	25lb	1.29 LB	32.18 BG
4115-H	Basmati Rice	18lb	1.68 LB	30.19 BX
4115-L	Basmati Rice	66lb	1.61 LB	106.39 BG
4118-G	"Country Wild" Rice (Lundberg) (454g)	24's	2.98 BG	71.45 CS
4118-L	"Country Wild" Rice (Lundberg) (454g)	15lb	2.85 LB	42.71 BG
4119-G	"Wehani Rice" (Lundberg) (454g)	24's	2.91 BG	71.45 CS
4119-L	"Wehani Rice" (Lundberg) (454g)	15lb	2.85 LB	42.71 BG
4120-G	"Short & Sweet" Brown Rice (Lundberg) (454g)	24's	2.07 BG	49.61 CS
4121-G	"Jubilee" Brown Rice (Lundberg) (454g)	24's	2.72 BG	65.21 CS
4122-G	"Wild" Rice Blend (Lundberg)(454g)	24's	3.37 EA	80.81 CS
<u>Seeds</u>				
4130-G	Poppy Seeds (454g)	1 lb	2.20 BG	2.20 BG
4130-L	Poppy Seeds (454g)	15lb	2.07 BG	31.01 BG
4135-G	Pumpkin Seeds - Pepita (454g)	1 lb	2.85 BG	2.85 BG
4135-L	Pumpkin Seeds - Pepita (454g)	14lb	2.72 LB	38.04 TIN
4145-K	Sesame Hulled	11lb	1.55 LB	17.02 BX
4145-M	Sesame Hulled	55lb	1.48 LB	81.51 BG
4147-K	Sesame Natural	11lb	1.48 LB	16.30 BX
4147-M	Sesame Natural	55lb	1.42 LB	77.94 BG
4151-L	Sunflower Hulled	15lb	1.35 LB	20.28 BX
4151-M	Sunflower Hulled	50lb	1.22 LB	61.10 BG

BULK FOOD
Case Purchase Only
 AN EVEN LARGER SAVINGS!

Code Number	Product Description	Case Size	Cost Per Lb	Case Price
<u>COMMERCIAL PRODUCTS (cont'd)</u>				
<u>Grain Products, Cereals & Flours</u>				
4160-L	Bulgar (Medium)	18lb	90 LB	16.15 BG
4160-M	Bulgar (Medium)	55lb	83 LB	45.76 BG
4162-L	Hard Whole Wheat Flour	22lb	44 LB	9.72 BG
4165-N	Rolled Oats Natural (Quaker)	88lb	57 LB	50.34 BG
4167-M	Quick Oats (Quaker)	88lb	57 LB	50.34 BG
<u>Mixed Fruits & Nuts - Raw - No Salt</u>				
4590-L	Alpha Mixed Nuts (25% Peanuts)	15lb	4.02 LB	60.26 BX
4592-L	Alpha Mixed Nuts Supreme (No Peanuts)	15lb	4.50 LB	67.47 BX
4594-L	Alpha Mixed Dried Fruit	14lb	2.68 LB	37.49 BX
4597-H	Alpha Munchie Mix (1 lb/454g x 8)	8 lb	3.24 LB	25.90 BX
4597-L	Alpha Munchie Mix (1 lb/454g x 8)	15lb	3.37 LB	50.51 BX
<u>Peas & Beans</u>				
4201-L	Adzuki Beans (Ontario Unsprayed)	18lb	1.29 LB	23.17 BX
4202-L	Blackeyed Peas	18lb	1.03 LB	18.49 BX
4203-L	Blackturtle Beans	18lb	.83 LB	14.98 BX
4205-L	Chick Peas	20lb	1.29 LB	25.74 BX
4210-L	Green Split Peas	22lb	.64 LB	14.01 BX
4220-L	Kidney Red (Dark) Beans	20lb	1.03 LB	20.54 BX
4228-L	Lima Beans Baby	20lb	.90 LB	17.94 BX
4229-L	Lima Beans Large	18lb	.90 LB	16.15 BX
4240-L	Navy Beans	20lb	.70 LB	14.04 BX
4250-L	Pinto Beans	18lb	.83 LB	14.98 BX
4255-L	Romano (Cranberry)	18lb	.96 LB	17.32 BX
4272-L	Yellow Split Peas	22lb	.51 LB	11.15 BX
<u>Dried Fruits</u>				
3702-L	Apples, Ontario	25lb	3.89 LB	97.18 CS
4402-L	Apricots, Turkish	27.5lb	3.24 LB	89.01 CS
4405-L	Banana Chips	15lb	1.68 LB	25.16 CS
4410-L	Coconut Medium (Unsweetened)	25lb	1.42 LB	35.43 CS
4415-L	Currants	27.5lb	1.55 LB	42.54 CS
4420-L	Dates (Pitted) Iranian	55lb	1.68 LB	92.24 CS
4452-L	Prunes, Pitted	25lb	1.94 LB	48.43 CS
4460-M	Raisins Sultana, Australian	33lb	1.29 LB	42.47 CS
4462-M	Raisins, Thompsons, California	30lb	1.81 LB	54.21 CS

BULK-SNACKS
Case Purchase Only
AN EVEN LARGER SAVINGS!

Code Number	Product Description	Case Size	Unit Price	Case Price
BARBARA'S BAKERY				
<u>Cookies</u>				
5150-D	Cookies - Fruit & Nut (2 oz)	24's	.90 EA	21.53 CS
5150-E	Cookies - Fruit & Nut (5 oz)	12's	2.20 EA	26.36 C
5150-F	Cookies - Fruit & Nut (8 oz)	12's	2.78 EA	33.38 C
5151-E	Cookies - Carob Swirl (5 oz)	12's	2.20 EA	26.36 CS
5152-D	Cookies - Oatmeal Raisin (2 oz)	24's	.90 EA	21.53 CS
5152-E	Cookies - Oatmeal Raisin (5 oz)	12's	2.20 EA	26.36 C
5152-F	Cookies - Oatmeal Raisin (8 oz)	12's	2.78 EA	33.38 CS
5153-D	Cookies - Toasted Almond (2 oz)	24's	.90 EA	21.53 CS
5153-E	Cookies - Toasted Almond (5 oz)	12's	2.20 EA	26.36 C
5154-E	Cookies - Peanut Butter (5 oz)	12's	2.20 EA	26.36 C
5155-D	Cookies - Date Walnut (2 oz)	24's	.90 EA	21.53 CS
5155-E	Cookies - Date Walnut (5 oz)	12's	2.20 EA	26.36 C
5156-E	Cookies - French Butter (5 oz)	12's	2.20 EA	26.36 C
5157-D	Cookies - Tropical Coconut (2 oz)	24's	.90 EA	21.53 CS
5157-E	Cookies - Tropical Coconut (5 oz)	12's	2.20 EA	26.36 CS
5158-D	Cookies - 3 Fiber Bran (2 oz)	24's	.90 EA	21.53 C
5159-E	Cookies - Assortment #1 (5 oz)	12's	2.20 EA	26.36 C
5159-F	Cookies - Assortment #2 (5 oz)	12's	2.20 EA	26.36 CS
5161-D	Cookies - Chocolate Chip (2 oz)	24's	.90 EA	21.53 C
5156-F	Cookies - Chocolate Chip (8 oz)	12's	3.24 EA	38.84 C
5162-D	Cookies - Chocolate			
	Chocolate Chip (2 oz)	24's	.90 EA	21.53 CS
5162-F	Cookies - Chocolate			
	Chocolate Chip (8 oz)	12's	3.24 EA	38.84 CS
5193-E	Animal Cookies Vanilla (5 oz)	12's	2.46 EA	29.48 CS
5194-E	Animal Cookies Cinnamon (5 oz)	12's	2.46 EA	29.48 C
5195-E	Animal Cookies Carob (5 oz)	12's	2.46 EA	29.48 C
<u>Chews & Bars</u>				
5163-D	WHA Guru Chews Original (1 1/8 oz)	24's	.83 EA	19.97 C
5165-D	WHA Guru Chews			
	Sesame-Almond (1 1/8 oz)	24's	.83 EA	19.97 CS
5167-D	WHA Guru Chews			
	Cashew-Almond (1 1/8 oz)	24's	.83 EA	19.97 CS
5168-D	Granola Bars Cinnamon&Oats (2 oz)	24's	.96 EA	23.09 CS
5169-D	Granola Bars Coconut-Almond (2 oz)	24's	.96 EA	23.09 C
5170-D	Granola Bars Peanut Butter (2 oz)	24's	.90 EA	21.53 CS

BULK-SNACKS
Case Purchase Only
AN EVEN LARGER SAVINGS!

Code Number	Product Description	Case Size	Unit Price	Case Price
BARBARA'S BAKERY (Cont'd)				
<u>Chips & Sticks</u>				
5160-D	Natural Cheese Puffs (1 oz)	24's	1.03 EA	36.97 CS
5160-E	Natural Cheese Puffs (6 oz)	12's	2.91 EA	43.68 CS
5161-E	Jalapeno Cheese Puffs (6 oz)	15's	3.11 EA	46.61 CS
5169-E	Bread Sticks - Regular (4 oz)	12's	1.68 EA	20.12 CS
5170-E	Bread Sticks - No Salt (4 oz)	12's	1.81 EA	21.68 CS
5173-D	Corn Chips - Regular (1 oz)	24's	.96 EA	34.63 CS
5173-E	Corn Chips - Regular (5 oz)	12's	2.59 EA	38.81 CS
5175-D	Corn Chips - No Salt (1 oz)	24's	1.16 EA	41.65 CS
5175-E	Corn Chips - No Salt (5 oz)	12's	2.59 EA	38.81 CS
5177-D	Corn Chips -Cheese & Chili (1 oz)	24's	1.16 EA	41.65 CS
5177-E	Corn Chips -Cheese & Chili (5 oz)	12's	2.91 EA	43.68 CS
5183-D	Potato Chips - Regular (1 oz)	24's	1.03 EA	36.97 CS
5183-E	Potato Chips - Regular (5 oz)	12's	2.59 EA	31.04 CS
5185-D	Potato Chips - No Salt (1 oz)	24's	1.16 EA	41.65 CS
5185-E	Potato Chips - Regular (5 oz)	12's	2.72 EA	32.60 CS
5186-D	Potato Chips - Barbeque (1 oz)	24's	1.16 EA	41.65 CS
5188-E	Potato Chips - Yogurt/Green Onion (5 oz)	12's	2.72 EA	32.60 CS
5189-E	Potato Chips - Au Gratin (5 oz)	12's	3.04 EA	36.50 CS
5189-D	Sesame Sticks - Wholewheat (1 1/2 oz)	36's	.64 EA	22.93 CS
5190-E	Bagle Chips - Regular (6 oz)	12's	3.37 EA	40.40 CS
5191-E	Bagle Chips - No Salt (6 oz)	12's	3.55 EA	42.59 CS
<u>Pretzels</u>				
5141-E	Whole Wheat Mini Pretzels- Regular (7 oz)	12's	2.13 EA	25.58 CS
5142-E	Whole Wheat Mini Pretzels- No Salt (7 oz)	12's	2.20 EA	26.36 CS
5143-E	Whole Wheat Pretzels- Regular (7 oz)	12's	2.13 EA	25.58 CS
5145-E	Whole Wheat Pretzels- No Salt (7 oz)	12's	2.20 EA	26.36 CS
5147-E	Pretzels 9 Grain (7 oz)	12's	2.13 EA	25.58 CS
5148-E	Pretzels Pumpernickle (7 oz)	12's	2.20 EA	26.36 CS
5149-E	Pretzels Assortment (7 oz)	12's	2.07 EA	24.80 CS
KNUDSEN				
<u>Natural Chewy Fruit Bar</u>				
4670-R	Apple-Boysenberry Bar (4 oz)	30's	.57 EA	17.16 CS
4671-R	Apple-Raspberry Bar (4 oz)	30's	.57 EA	17.16 CS
4672-R	Apple-Strawberry Bar (4 oz)	30's	.57 EA	17.16 CS
4673-R	Assorted (3 Flavours) Bar (4 oz)	30's	.57 EA	17.16 CS

BULK-SNACKS
Case Purchase Only
 AN EVEN LARGER SAVINGS!

Code Number	Product Description	Case Size	Unit Price	Case Price
MISCELLANEOUS NATURAL FOODS				
<u>Fruit Leather (15 Gr. Bar)</u>				
5401-D	Apple/Apricot (Bar)	24's	.49 EA	11.86 BX
5404-D	Apple/Peach-Pear (Bar)	24's	.49 EA	11.86 BX
5406-D	Apple/Raspberry (Bar)	24's	.49 EA	11.86 BX
5407-D	Apple/Strawberry (Bar)	24's	.49 EA	11.86 BX
5409-D	Assortment of 24 (Bar)	24's	.49 EA	11.86 BX
<u>Fruit Stix - 50 Gr. Roll</u>				
5401-E	Apple/Apricot (Roll)	12's	1.16 EA	13.88 CS
5404-E	Apple/Peach-Pear (Roll)	12's	1.16 EA	13.88 CS
5406-E	Apple/Raspberry (Roll)	12's	1.16 EA	13.88 CS
5407-E	Apple/Strawberry (Roll)	12's	1.16 EA	13.88 CS
5408-E	Sliced Apple (Roll)	12's	1.16 EA	13.88 CS
5409-E	Assortment of 12 (Roll)	12's	1.16 EA	13.88 CS
MEXI-SNAX				
<u>Tortilla Chipps</u>				
4801-E	Regular-Natural Tortilla			
	Chipps (6 oz)	18's	1.48 EA	26.68 CS
4802-E	Regular-Natural Flaquitos (6 oz)	18's	1.48 EA	26.68 CS
4801-F	Regular-Natural Tortilla			
	Chipps (1 lb)	12's	3.24 EA	38.84 CS
4803-E	Unsalted Tortilla Chipps (6 oz)	18's	1.48 EA	26.68 CS
4803-F	Unsalted Tortilla Chipps (1 lb)	12's	3.24 EA	38.84 CS
4804-F	Hot Tortilla Chipps (1 lb)	12's	3.89 EA	46.64 CS
4805-E	Nacho "Flaquitos" Tortilla			
	Chipps (5.25 oz)	18's	1.48 EA	26.68 CS
4805-F	Nacho Tortilla Chipps (1 lb)	12's	3.24 EA	38.84 CS
4806-E	Sesame Tortilla Chipps (5.25 oz)	18's	1.48 EA	26.68 CS
4806-F	Sesame Tortilla Chipps (1 lb)	12's	3.24 EA	38.84 CS
4807-E	Tamari Tortilla Chipps (5.25 oz)	18's	1.48 EA	26.68 CS
4807-F	Tamari Tortilla Chipps (1 lb)	12's	3.24 EA	38.84 CS
4808-E	Almond Crisp Tortilla Chipps(6oz)	18's	2.59 EA	46.57 CS
4809-E	Pico De Gallo Tortilla			
	Chipps (5.25 oz)	18's	2.59 EA	46.57 CS

Clinical Ecology

WHY USE ORGANIC FOOD?

There is no doubt in any mind as to the increased pollution in our environment in the form of man-made chemicals. We encounter these chemicals in the air, water, food and medications we take. They are present in our homes, on the way to work and in our schools and workplaces.

We know that in North America there are up to 100,000 chemicals in commercial use, 1,000 new chemicals produced annually, 15,000 drug products on sale in Canada, over 3,000 various flavours, colours, additives and pesticide residues on food permitted, 30,000 varieties of pesticides sold in North America, 32 million tons of industrial waste generated annually in Canada, 80 million gallons of liquid waste generated annually in Ontario. Our foods are contaminated with herbicides, pesticides, fertilizers and animals with antibiotics, tranquilizers and hormones.

The chemical load must have an influence on the health of our population. The incidence of degenerative disease, arthritis, heart disease, mental disease and cancer, is increasing.

Clinical Ecologists, who attempt to discover the cause of disease in the surrounding environment are particularly aware of the pollution problem. The Clinical Ecologist treats the disease without use of drugs and one of the tools is the use of rotation and diversified diet. We stress the use of "less contaminated" foods, meaning those of organic origin. Some affected people who suffer from environmentally induced illness can only and exclusively use organic food.

Food contaminated with the above mentioned chemicals has altered taste and colour and is poorly absorbed and digested. It alters our immunological response in the way that it can create allergy to naturally occurring products in our environment. It alters our internal homeostasis in the gastrointestinal tract by increasing the overgrowth of saprophytic fungus which can be a serious problem for many people. Chemically contaminated foods through interaction and competition with naturally present nutrients, such as minerals and vitamins cause their depletion.

Non-organic farming adds pollution to our environment. Non-organic foods provide an excess load and poisoning action on our bodily functions and enzymatic reactions. The chemicals load must be removed from the body through a metabolic process which requires extra utilization of aminoacids, vitamins and minerals, which are a necessary catalyst for enzymatic reactions. This process further robs the body of vitamins and minerals.

Processed foods artificially enhance appetites which contributes to obesity and cause many other diseases, including childhood hyperactivity and learning disabilities. Chemicals in foods contribute to the development of cancer.

In our diet we need ——— vegetables, fruits, nuts, seeds and grains. If they are of organic source we can spare our bodies and minds of unnecessary burdens in the already burdened environment. After all, "we are what we eat".



Everything Healthy Under the Sun

WHY ORGANIC?

Organic agriculture can be described as the culture of plants and animals in harmony with nature. A properly balanced eco-system will produce healthy plants and animals with a minimum of pest and disease problems.

The increasingly heavy use of chemical fertilizers, insecticides, herbicides and fungicides has upset this natural balance. As a result, we have a poisoned environment, lakes slowly smothering in algae, and an increasingly heavy toll on human health.

The soil has suffered too. Depleted of vital organic matter necessary to hold moisture and nutrients and provide tilth, our top-soil is being continually eroded. We are on a treadmill in which more and more fertilizers are required to nourish plants and more pesticides are needed to kill competing weeds and insects.

The soil is dying!

In addition, chemical fertilizers and pesticides are made from non-renewable resources and they are skyrocketing in price. Soon, no one will be able to afford to buy them.

Organic methods involve crop rotation and the recycling of natural materials. This completes nature's nutrient cycles, and creates a balanced, fertile soil. Growing crops and raising animals organically is the only safe and sane alternative!

ORGANIC STANDARDS

1. The soils upon which production is grown shall have been treated in accordance with the following standards for a continuous period of at least thirty-six (36) months from the time of production harvest. Adherence to the standards must be attested to by the affidavit of the produce.
2. Soil Enrichment. Products acceptable for use on land shall be only (a) organic matter products which HAVE NOT been chemically fortified (b) natural rock products which HAVE NOT been mined or processed with the addition of synthetic chemicals (c) beneficial bacteria and algae cultures which ARE NOT chemically fortified and (d) earthworms.
3. Rotation. The fields from which product is harvested shall be part of a rotation program that precludes repetition of the same crop during the previous year. This does not apply to such perennial crops as alfalfa, orchard trees, maple trees, or crops which require more than one year to mature.
4. Insect Control. Products acceptable for use on land shall be only predatory insects and insect disease cultures.
5. Weed Control. Weed control on land shall be done only by crop rotation, hand or mechanical cultivation techniques, or by cutting of weed patches.
6. Rodent Control. Rodent control on land shall be done by the introduction of the rodent's natural enemy, natural repellent techniques or by traps.
7. Fungal or bacterial diseases can be controlled only by the use of any products acceptable under Item 2 (Soil Enrichment Products).
8. Drying of product shall be done by natural field or drying bin aeration or by artificial drying at temperatures not to exceed 160°F.
9. In Storage. If fumigation is needed, only diatomaceous earth shall be used.



Everything Healthy Under the Sun

***** FRESH ORGANIC PRODUCE *****
- SECTION 12 -

PLEASE INSERT ALL 3 HOLE PUNCHED PAGES JUST AFTER LAST BLUE DIVIDER IN CATALOGUE

Vitality Food Center is proud to announce a new addition to their catalogue. Certified Organic fruits & vegetables are now available to all our Members year round. Most of our Organic produce is imported from California and is legally certified Organic in accordance with California's Health & Safety Code - Section 2656911. Standards for certification is provided on the following page.

When the produce arrives each week, it is washed in only pure spring water. Clothing & equipment used to prepare these goods are washed in organic soap and rinsed with baking soda. We strive to eliminate all chemical contamination to the best of our ability with the least amount of handling.

We feel confident that you will find all our Organic Produce to be of the highest standards. Given the nature of these products, Vitality cannot guarantee that our prices will be sold at the lowest prices. Although we do offer this guarantee with all our other products, the Organic Produce industry is not very stable. Please note that a minimum of \$50 is required per order not including Organic Produce.

At Vitality, our aim is to provide our members a convenient & complete shop at home natural food service. Because there was a strong response from our Members to carry a selection of fresh Organic Produce, we set out to find the most reliable Organic farmers. The list of Organic Produce that follows is a selection that has been made available to us. 60% of this list will be made available to all our Members at any one time.

DOES ORGANIC FOOD COST MORE?

By Oak Manor

Not necessarily - You get what you pay for... as cheap food is not only a description of it's costs. Current store prices for Organic Produce reflect several factors :

- 1) Organic farms are generally family operations, not vertically integrated conglomerates or tax shelters. They rarely benefit from subsidies and must receive a price reflecting true production costs in order to stay in business.
- 2) The organic foods distribution system is on a smaller scale, which increases transport and hauling costs. As demand increases, these costs will decrease.
- 3) The true "cost" of conventionally produced food is hidden in skyrocketing health care bills, environmental clean up budgets and the loss of our precious top soil and family farms.

In purchasing Organic Produce you pay for quality, flavour and nutrition, not chemical residues, and you wisely invest in a more habitable planet for future generations.

FRESH ORGANIC VEGETABLES

* Due to fluctuation, Prices will be available upon ordering *

ITEM	ITEM
Artichokes - Globe	Eggplant - Japanese
" - Jerusalem	" - Italian
Asparagus	Endive
Beans - Green	Escarole
" - Lima	Fiddlehead Ferns
" - Yellow	Garlic - Braided
Beets Sack	" - Elephant
" - w/top Gold	" - Wt. Sm. Reg
" - " Red	
Broccoli	Ginger Root
Brussel Sprouts	Herb/Basil
Burdock Root	" Garlic Chives
Cabbage - Green	" Reg. Chives
" - Nappa	" Peppermint
" - Red	" Spearmint
" - Savoy	Horseradish Root
Carrots - Sack	Kale
" - 1lb. cello	Kohlrabi
" - 2lb. "	Leeks
Cauliflower	Lettuce - Boston
Celery Root	" - Green Leaf
Celery	" - Red Leaf
Chard - Green	" - Head
" - Red	" - Romaine
Collards	Mushrooms - Button
Corn	" - Shitake
Cucumbers - Pickling	Mustard Greens
" - Slicing	Onions - Green
Daikon Root	" - Red
" - w/tops	" - Yellow
	" - Shallots
	" - White

FRESH ORGANIC VEGETABLES

* Due to fluctuation, prices will be available upon ordering *

ITEM	ITEM
Parsley - Curley Moss	Tomatoes - Red Cherry
" - Flat Italian	" - Yellow Cherry
Parsnips	" - Plum
Peppers - Green	" - Reg. Calif.
" - Hot	" - Reg. Domestic
" - Red	" - Reg. Israeli
" - Yellow	" - Yellow
Potatoes - Red	Turnips
" - White	Watercress
" - Russet	
" - Sweet Jewel	
" - Yellow Binge	
" - Yellow Fin	
Radish	
Rutabage	
Spinach	
Sprouts - Alfalfa	
Squash - Acorn	
" - Blue Hubbard	
" - Butternut	
" - Delacata	
" - Green Hokkaido	
" - Gold Nugget	
" - Gold Patty	
" - Red Kuri	
" - Spaghetti	
" - Sugar Pumpkin	
" - Turban	
" - White Patty	
" - Zucchini Green	
" - " Gold	
" - " Yellow	

FRESH ORGANIC FRUITS

* Due to fluctuation, prices will be available upon ordering *

ITEM	ITEM
Apples - Anna	Grapefruit - Pink
" - Early Blaze	" - White
" - Golden Del.	
" - Granny Smith	Grapes - Concord
" - Ida Red	" - Red Emporer
" - Jonathan	" - Flame Seedless
" - Mackintosh	" - Ribier Seed
" - Mutzu	" - Thompson Seedless
" - Pippin	
" - Red Del.	Guava Pineapple
" - Rome	
" - Spartan	Kiwi Fruit
" - Spy	
" - Stayman	Lemons
" - Tideman	
" - Wealthy	Limes - Calif.
" - York	" - Fla.
Apricots	Mangos
Avocadoes - Bacon	Melons - Canary
" - Fuerte	" - Canteloupe
" - Hass	" - Casaba
" - Reed	" - Crenshaw
" - Wurtz	" - Honeydew
	" - " Yellow
Bananas - Finger	" - Persian
" - Red	" - Sharlyn
" - Regular	" - Sugar Baby
	" - Water - Charleston
Berries - Black	" - " - Crimson
" - Blue	
" - Cran	Nectarines
" - Rasp. Frozen	
" - Strawberry	Oranges - Blood
	" - Hamlin
Cherimoyas	" - Calif. navel
	" - Fla. navel
Cherries - Bing	" - Pineapple
" - Queen Anne	" - Calif. Temple
	" - Fla. Temple
Coconuts	" - Calif. Valencia
	" - Fla. Valencia
Dates - Deglet w/pit	
	Papaya - Straw. Mexican
Figs - Calimyrna	
" - Egyptian	

FRESH ORGANIC FRUITS

* Due to fluctuation, prices will be available upon ordering *

ITEM

Peaches

Pears - Bartlett
" - Bosc
" - Clapp
" - D'Anjou

Pineapple - Mexican

Plums - Bradshaw
" - El Dorado Black
" - Prune Grd. Prie
" - " Italian
" - Santa Rosa
" - Stark
" - Yellow Shiro

Pomegranate

Rhubarb

Tangelo Honeybal
" Mineola

Tangerines - Dancy
" - Fairchild
" - Freemont
" - Kora
" - Honey Murat
" - Satsuma Seedless
" - Mandarine

TAPE LIST

Page 5

The following audio-cassette tapes are available from CNHS. Please do not break up sets of 2 and 3 tapes. Tape prices are \$8.50 for one tape and \$8.20 for each additional tape (including R.S.T. tax and postage & handling).

GENERAL HEALTH:

"SHIATSU" (reverse side) "FACTORY FARMING OF ANIMALS". . . Drainie, Jocelyn/Schwab, Michael
"YOU DON'T HAVE TO BE SICK" (reverse side) "SOCIOMETRY
NETWORKING & NATURAL HYGIENE" Cridland, Dr. Ron/Aaron, Susan
"CONFESSIONS OF A MEDICAL HERETIC" (CNHS all-day seminar, 3 tapes) Mendelsohn, Dr. Robert
"BEYOND MAGIC - ATTITUDES TO HEALTHY LIVING" Goldhamer, Dr. Alan
"THE DRAMA OF HEALING". Sabatino, Frank

IMMUNIZATION:

"INTERVIEW WITH DR. RON CRIDLAND" (also covers organ transplants,
AIDS, herpes, dental care) Cridland, Dr. Ron

STRESS:

"THE ANATOMY OF STRESS" (set of 2 tapes) Burton, Dr. Neftali
"STRESS" Boggio, Dr. Glen

FASTING:

"FASTING AND NUTRITION" (set of 2 tapes) Burton, Dr. Alec

SPECIFIC DISEASES:

"CANDIDA" (reverse side) "YOU DON'T HAVE TO BE SICK" . . . Rona, Dr. Zoltan/Cridland, Dr. Ron
"AIDS IN PERSPECTIVE". Cridland, Dr. Ron
"OVEREATING: ROLE OF FRUIT IN N.H. DIET" (set of 3 tapes). Cinque, Dr. Ralph
"OSTEOPOROSIS" (reverse side) "ENERGIES OF LIFE" Levine, Dr. Howard/Roy, Dr. Leo
"OSTEOPOROSIS" Martin, Dr. Philip
"FEVER, ITS MECHANISM AND BENEFITS". Saine, Dr. Andre
"DIABETES, A SECOND LOOK" Weston, Dr. Ron

FOOD IRRADIATION:

"FOOD IRRADIATION - ISSUE OF OUR TIME" (reverse side) "NATURAL
HYGIENE & THE IMMUNE SYSTEM - A CLINICAL PERSPECTIVE" . . . Brown, Anne/Percival, Dr. Mark
"FOOD IRRADIATION" (reverse side) "WATCH IT GROW ORGANICALLY". . . Schwab, Mike/Caron, Alex
"IRRADIATION OF FOOD" Huberman, Max

ORGANIC GARDENING

"GARDENING FOR NUTRITION AND HEALTH" Perlmutter, Mary

DIET:

"ROLE OF DIET IN HEALTH AND DISEASE; VITAMINS Q&A;
OVERCOMING CHRONIC DISEASES" (set of 3) Goldhamer, Dr. Alan
"RAW VS. COOKED FOODS; TURNING BACK THE CLOCK; FASTING" (set of 2) . . . Vetrano, Dr. Virginia

NOTE: When ordering tapes mention name of speaker as well as title of tape.



Everything Healthy Under the Sun

**Your convenient shop at home
health food service**

BOOK LIST

<u>NAME OF BOOK</u>	<u>AUTHOR</u>	<u>PRICE</u>
<u>CHILD CARE:</u>		
HOW TO RAISE A HEALTHY CHILD (Pocket size)	Mendelsohn, R.S., M.D.	\$. 6.50
MENDELSON DEFENDS POSITION AGAINST INFANT FORMULA	Mendelsohn, Robert, M.D.	0.25
VEGETARIAN CHILD (THE)	Gross, Joy	12.95
<u>ETHICS OF VEGETARIANISM:</u>		
A VEGETARIAN SOURCE BOOK	Akers, K.	8.95
EATING FOR LIFE	Altman, N.	10.95
<u>EXERCISE:</u>		
MITZVAH EXERCISE (THE)	Cohen-Nehemia, M.	4.00
<u>FASTING:</u>		
FAST, FASTER, FASTING	Webber, Marlene.	0.25
FASTING	Allen, Hannah.	2.95
FASTING CURE (THE)	Sinclair, Upton.	4.95
FASTING A THREE DAY PLAN	Selloum, Trevor.	0.40
FASTING CAN SAVE YOUR LIFE	Shelton, H.M.	4.95
FASTING FOR HEALTH & LONG LIFE	Carrington, H.	4.95
FASTING FOR THE HEALTH OF IT	Oswald/Shelton	11.95
FASTING: APPLICABILITY & CONSEQUENCES	Burton, Dr. Alec (Summarized talks)	1.50
NO BREAKFAST PLAN-THE FASTING CURE	Dewey, E.H., M.D.	12.95
SCIENCE & FINE ART OF FASTING (THE)	Shelton, H.M.	7.50
THERAPEUTIC FASTING	Devries, Arnold	4.95
<u>FOODS:</u>		
A NEW WAY OF EATING	Diamond, Marilyn	10.75
CARBOHYDRATES		0.20
COMPOSITION & FACTS ABOUT FOODS	Ford Heritage.	7.95
CORRECT FOOD COMBINING	Life Science	2.95
DICTIONARY OF NATURAL FOODS	Esser, W.L.	6.95
FIT FOOD FOR HUMANITY	Natural Hygiene Press.	0.95
FIT FOOD FOR MAN	Andrews, A.D., Jr.	0.50

FOODS: (Cont'd)

FIT FOR LIFE (hard cover)	Diamond, Harvey & Marilyn	19.00
FIT FOR LIFE (soft cover)	Diamond, Harvey & Marilyn	5.95
FIT FOR LIFE RECIPE BOOK-A NEW WAY OF EATING	Diamond, Marilyn	10.75
FOOD COMBINING MADE EASY	Shelton, H.M.	4.95
FOOD COMBINING RECIPE BOOK	Kahn/Nelson	2.00
FOOD COMBINING SIMPLIFIED	Nelson, Dennis	1.75
HOMEMAKER'S GUIDE TO FOODS FOR PLEASURE & HEALTH	Allen, Hannah	4.95
IMPORTANCE OF RAW FOODS	Sidhwa, Dr. Keki	0.45
LIVING HEALTH	The Diamonds	23.95
MCDUGALL HEALTH SUPPORTING COOKBOOK I	McDougall, Mary	13.00
MCDUGALL HEALTH SUPPORTING COOKBOOK II	McDougall, Mary	13.00
MIRACLE OF LIVING FOODS (THE)	Nolfi, Kristine, M.D.	2.95
RECIPES	Aaron, G. & Laucke, R.	1.00
RECIPES - 116 FAVOURITE, TANTALIZING FOOD- HEALTH RECIPES	Wheeler, Marti	8.50
RECIPES-1985 SANTA BARBARA CONVENTION	Weston, R.D., R.M.T.	1.00
SCIENCE & FINE ART OF FOOD & NUTRITION (THE)	Shelton, M.H.	11.95
SIMPLE FOODS FOR THE GOOD LIFE	Nearing, Helen	9.50
SOME FAMILIAR FAVOURITE FEEDING POLICIES DEBUNKED	Weston, Ron	0.35
SUPER FOODS FOR SUPER HEALTH	Fry, T.C.	2.50
SUPERIOR FOODS, DIET PRINCIPLE	Fry, T.C.	2.50
SUPERIOR NUTRITION	Shelton, M.H.	8.95
TRANSITION TO A NATURAL HYGIENE DIET	Allen, H.	0.15
VEGAN KITCHEN (THE)	Dinshah, Freya	5.95
WHY DO WE NEED ARTIFICIAL COLOURING?		0.35

GENERAL HEALTH:

ANATOMY OF AN ILLNESS	Cousins, N.	8.95
BETTER SLEEP FOR A BETTER LIFE	Fry, T.C.	2.00
BELIEVE IT - FIVE WEEKS TO WELLNESS	Taub, Edward	24.95
CLEAR WATERS OF HYGIENE	Vetrano, V.V.40
CITIZENS GUIDE TO LEAD (THE)	Wallace, B & Cooper, K.	12.95
CONFESSIONS OF A MEDICAL HERETIC	Mendelsohn, R.S., M.D.	6.50
DISSENT IN MEDICINE	Mendelsohn, R.S. et al	13.95
DO ALL NATURAL HYGIENISTS AGREE?	Cinque, Dr. Ralph35
GREATEST HEALTH DISCOVERY (THE) (History of Hygiene)	Russell, Trall, Shelton	2.95
GENETIC ENGINEERING	Magazine reprint	0.75
GUIDE TO THE JOYOUS LIFE	Shelton, H.M. et al	2.95
HAPPY TRUTH ABOUT PROTEIN (THE)	Allen, Hannah	2.50
HEALTH FOR ALL	Shelton, H.M.	6.95
HEALTH FOR THE MILLIONS	Shelton, H.M.	3.50

GENERAL HEALTH: (Cont'd)

HEALTH REVOLUTION	Horne, Ross	16.95
HEALTH SCIENCE MAGAZINES (Back copies)		1.25
HOW TO HAVE VIGOROUS HEALTH	Shelton, H.M.	0.50
HYGIENIC SYSTEM, VOL I (THE)	Shelton, H.M.	13.50
INTRODUCTION TO NATURAL HYGIENE	Shelton, H.M.	3.95
LICK THE SUGAR HABIT	Appleton, N., Ph.D. Special Price	5.95
	Regular Price	7.95
LIVING THE GOOD LIFE	Nearing, Helen & Scott	6.95
MAL(E) PRACTICE	Mendelsohn, R.S., M.D.	15.95
MCDUGALL PLAN (THE) (Paperback)	McDougall, John A., M.D. & Mary . .	14.00
MCDUGALL'S MEDICINE	McDougall, John A., M.D.	14.00
MYTH OF MEDICINE (THE)	Life Science	2.50
NUTRITION & THE DANCER	Hannan, Elizabeth	1.25
PHYSICAL, MENTAL & SPIRITUAL HEALTH	Ritchie, Helen	8.95
PLEASE DON'T SMOKE IN OUR HOUSE	Trop, Jack	2.50
SALT CONSPIRACY (THE)	Bidwell, V.	5.95
SELF CARE VS. MEDICAL CARE	Allen, Hannah	1.95
STRESS - DEALING WITH	Burton, Nejla	1.50
SUNLIGHT	Kime, Zaner, M.D.	18.95
THIN AGAIN	Gross, Joy	14.95
TOXEMIA EXPLAINED	Tilden, J.H., M.D.	4.95
WHAT SYMPTOMS TO EXPECT WHEN YOU IMPROVE YOUR DIET	Bass, S.S., D.C.	0.40
YOU DON'T HAVE TO BE SICK	Trop, Jack	2.95
WHAT'S WRONG WITH EATING MEAT?	Parham, Barbara	3.50

IRRADIATION:

FOOD IRRADIATION	Magazine reprint	0.35
FOOD IRRADIATION - A BLESSING OR A CURSE?	Huberman, Max	0.35
FOOD IRRADIATION - WHO WANTS IT?	Webb, Lang & Tucker	9.95

SPECIFIC DISEASES:

ALLERGIES - WHY & WHAT TO DO	Korn, Heinz	0.25
ANIMAL MODELS - FIGHTING CANCER WITH FAILED TECHNOLOGY	Magazine reprint	0.40
APPENDICITIS	Tildon, John	5.95
ARE YOU A CANDIDATE FOR CANCER?	Allen, Hannah	1.95
ARTHRITIS		1.50
CANCER PREVENTION	Null, Gary et al	0.50
CONSTIPATION	Tilden, J.H.	5.95
CRUEL HOAX CALLED HERPES (THE)	Shelton, H.M.	6.95

SPECIFIC DISEASES: (Cont'd)

DIABETES & HYPOGLYCEMIA	1.5
DIABETES, YOU DO HAVE A CHOICE	Bionomics Health Research Inst. . . 18.95
HEALTH AFTER CANCER	Figtree, Dale 11.95
HEART DISEASE	1.50
HOW TO OVERCOME AILMENTS	Shelton, H.M. et al 2.50
HYPERTENSION AND CIRCULATORY DISEASE	1.50
INDIVIDUALIZATION OF CANCER THERAPY	Huntingdon, B. 0.40
IS CANCER CURABLE?	Various 5.95
OVERCOMING ASTHMA	Snodgrass, Beth 3.00
ROGER'S RECOVERY FROM AIDS	Owen, Bob 18.95
SYPHYLLIS	Shelton, H.M. 12.95

VACCINATION:

COMMITTEE AGAINST COMPULSORY IMMUNIZATION	0.35
DON'T GET STUCK	Allen, Hannah 8.95
DPT - A SHOT IN THE DARK	Coulter, Fisher 5.95
INOCULATION-FRIEND OR FOE?	Weston, R.D., R.M.T. 0.35
POISONED NEEDLE (THE)	McBean, E., PHD., N.D. 8.95
TRAVEL UNVACCINATED	Dinshah, H. Jay 0.10
VACCINATION - A HARMFUL PRACTICE	0.10
VACCINATIONS DO NOT PROTECT	McBean, E. Phd., N.D. 2.5
VACCINE & SERUM EVILS	Shelton, H.M. 6.50

WATER:

CARCINOGENIC COHO	0.20
GREAT DEBATE (THE)	Caldwell, Gladys 0.25
FLUORIDE, THE AGING FACTOR	Yiamouyiannis 10.95
SHOCKING TRUTH ABOUT WATER (THE)	Bragg & Bragg 5.95

WEIGHT LOSS:

ORIGINAL NATURAL HYGIENE WEIGHT LOSS BOOK	Shelton, Willard 12.95
THIN AGAIN	Gross, Joy 14.95

WOMEN'S HEALTH:

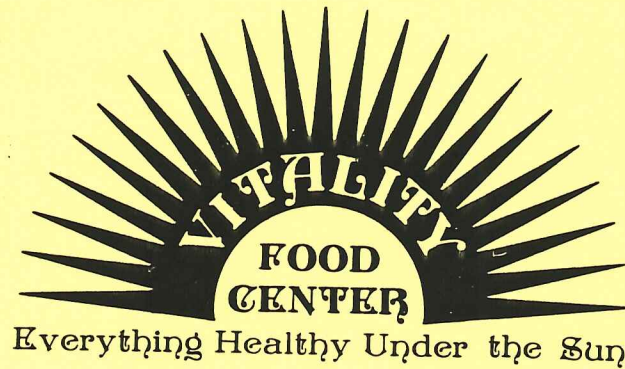
ADVERSE EFFECTS - WOMEN & THE PHARMACEUTICAL INDUSTRY	McDonnell, K., Editor 10.95
DISEASES OF WOMEN & EASY CHILDBIRTH	Tilden, J.H. 8.95
IS MENSTRUATION NECESSARY?	Harris, Wendy & Forrest-MacDonald, Nadine 2.50

Health food available by telephone shopping

Social workers and others providing follow-up care for patients may be interested in a service that provides shop-at-home convenience that specializes in health food.

Vitality Food Center, a telephone shopping service, specializes in minimally processed, whole foods which contain no refined sugars, coloring, flavorings or additives.

Bulk purchases are available, and a monthly newsletter provides updates on new products and prices.



Health food heaven

Vitality Food Center is the first shop-at-home health food service of its kind in Metro Toronto. Vitality offers high-quality products delivered direct to your front door at lower-than-retail health food prices because there's no overhead. Items include organic bakery products, beverages, pastas, rice, spices, herbs, flours, grains, cereals, soups, crackers, and mixes. Select items from the catalogue (which costs \$5, to be refunded should the member discontinue service), and delivery is free anywhere inside the designated delivery area with a minimum order of \$50. 665-2487.

Just a phone call away

Shop at home health food service

By CHRISTINE KOSERSKI

The Mirror

A call on the telephone can bring just about anything from pizzas to groceries by telephone to your home, but what about the kind of goods sought by health-conscious people who are more likely to frequent health food stores than fast food outlets?

Vegeterians Randy Berg and Terry Urovitz decided last year that there was a market for a "shop at home health food service" and set up Vitality Food Centre in North York.

Through a catalogue, subscribers can order fruit juice, baked goods, condiments, pasta, rice, soya burgers and weiners, frozen

dinners, soups, yogurt, grains, flours, frozen desserts, dried fruit, cheese, snacks, and bathroom supplies.

"We strive to bring our members nutritious whole foods that have been minimally processed and which contain absolutely no refined sugars, coloring, flavoring, or additives of any kind," says Berg.

Members also receive a monthly newsletter of health information, recipes, and announcements of new products.

Berg says he can offer lower prices than conventional health food stores because he carries no overhead and bypasses the cost of retailing. Goods are picked up

from suppliers and taken directly to customers. There is no charge for the deliveries or for the newsletters, however, there is a \$5 fee for the catalogue which is refunded if the membership is discontinued. The minimum order for a delivery is \$50. Orders are taken Saturdays and goods delivered Wednesdays and Thursdays.

Berg, 24, has extensive experience in the food business having launched his own cheesecake company, J & R Cheesecake, when he was 17 years old. He sold the business to go back to school and earned a diploma in food and beverage management. He then worked in management at the Hil-

ton Harbourcastle and Zuchter's Catering.

Urovitz, 24, is a civic employee and they were able to get a small loan to publish the catalogues through her credit union.

When she and Berg became vegetarians more than a year ago, they decided they wanted to start a small business in the health food field. "I wasn't interested in chopping up chickens," says Berg wryly.

The company's motto is Everything Healthy Under the Sun and the two have built up subscription to more than 100 members mostly through word of mouth and advertising in health facilities such as

fitness clubs, chiropractor offices, and also through mailboxes.

Based in the Bathurst and Steeles Ave. area, Vitality Food Centre supplies kosher foods, but not meat or vegetables although Berg is considering adding a line of organically grown fruits and vegetables. He also doesn't supply vitamin supplements mainly because of a personal belief that synthetic supplements disrupt the body's nervous system.

"Our philosophy is that if you eat right, you don't have to take vitamins," he says.

For more information about Vitality Food Centre call 665-2487.

The Mirror, Weekend Edition, May 7-8, 1988, P9



Everything Healthy Under the Sun

PRESS RELEASE

Ø For those of you unable to get out to do your shopping at the local health food store, here's an alternative. The VITALITY Health Food Centre is a "shop at home health food service" that allows members to select food by way of a catalogue listing all their product lines, which include organic produce. This is a valuable service especially for seniors and handicapped folks unable to brave the rigors of harsh weather. For further information call 665-2487.

Common Ground

SHOP BY PHONE HEALTH FOODS

Randy Berg and partner Terry Urovitz have opened Vitality Food Centre, a health food store with a difference; they deliver! Vitality Food Centre is the first shop-at-home health food service of its kind in the metropolitan Toronto area, with personalized services that provide an excellent alternative to conventional food shopping. One of the partners personally will deliver a large catalogue full of organic, whole foods from yogurt and beverages to flours and Japanese condiments. A full range of brand name products is offered singly or in bulk at prices on average 10 to 30 percent lower than retail. Freshly baked goods are available daily, as are vegetarian meat substitutes such as burgers, wieners and tempeh. Delivery is free in parts of Toronto north of Eglinton, products can be sampled at no charge and are often accompanied by recipes, and there is a money back guarantee on all products. Vitality Food Centre does not carry any vitamins or supplements, nor any fresh produce, although this may change in the summer. For further info, call 665-2487.

DIMENSIONS

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I drive deep into the 'burbs (Bathurst and Steeles) to meet Randy Berg, half of the team behind the newest power idea in health-food shopping, the telephone order firm called Vitality Food Center. Berg and his bride-to-be, Terri Urovitz, have set up a health-food emporium whose sole link to its public is a catalogue and a phone number.

The catalogue, which costs a refundable \$5, lists just about everything packaged that one usually finds in the larders of alternate lifestylers: bread, juice, oil, vinegar, jams, nut butters, tofu, tempeh, noodles, grains, legumes, herbs and spices, miso, soya, dairy, cosmetics. They're all there in organic, additive- and preservative-free forms.

There are plans to add organic produce to the catalogue in the summer in an as yet unspecified formula, but never meat, vitamins or supplements. On the subject of the last two Berg says, "If a person eats right, then there is no need for supplements." His own clear skin and bright eyes are a testament to his philosophy.

All the Vitality items are priced lower than their suggested retail prices (with an additional 5 per cent off for case lots), but when compared to in-store specials in regular health-food stores around town, I discovered not many savings. What the service provides is the convenience of shopping from one's home and having the goods delivered.

Mind you, there is a minimum on orders, and delivery is not free to all parts of Metro (a \$5 charge applies to out-of-bounds locations). To find out more and to apply for membership in Vitality, a phone call to Berg or Urovitz will suffice. 665-2487.

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