

Eden Black Beans

398ml



PLU: 2418200353

Island Farms Cream Whipping 33%

473ml



PLU: 5772610153

Eden Garbanzo Beans

398ml



PLU: 2418200351

Fontaine Hummus Traditional

260g



PLU: 77033302200

365 Marinara Sauce Organic

680ml



PLU: 9948277570

San Pellegrino Mineral Water

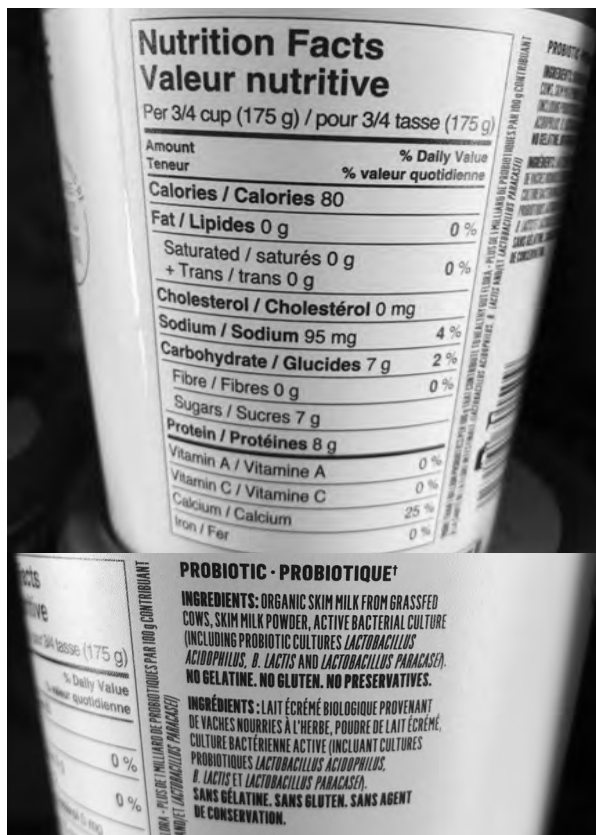
750ml



PLU: 4150880012

Olympic Organic Plain Non-Fat Yogurt

650g



PLU: 5916170150

365 Organic Milk 3.8% Whole

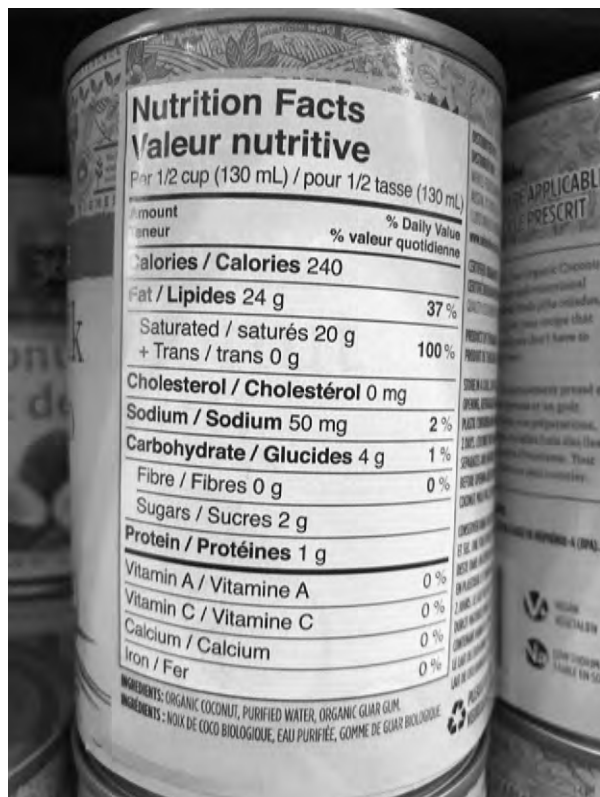
2L



PLU: 9948275373

365 Organic Coconut Milk

400ml



PLU: 9948241639

Valley Pride Organic Half and Half Cream

1L



PLU: 6618400103

Happy Planet Organic Happiest Orange Juice

1.75L



PLU: 77917241702

Rabbit River Organic Large Eggs

12ct



PLU: 62058000002

Pacific Foods Organic Low Sodium Chicken Broth

946ml



PLU: 5260305408

365 Organic Mediterranean Olive Oil

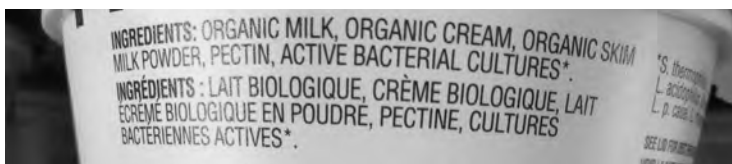
1L



PLU: 9948277471

Greek Gods Organic Plain Greek Style Yogurt

500g



PLU: 7835545000

Que Pasa Organic Salted Tortilla Chips

350g



PLU: 6882617603

365 Organic Tomatoes Diced

796ml

Nutrition Facts Valeur nutritive		
Per 1/2 cup (125 mL) / pour 1/2 tasse (125 mL)		
Amount Teneur		% Daily Value % valeur quotidienne
Calories / Calories 25		
Fat / Lipides 0 g		0 %
Saturated / saturés 0 g		0 %
+ Trans / trans 0 g		
Cholesterol / Cholestérol 0 mg		0 %
Sodium / Sodium 180 mg		8 %
Carbohydrate / Glucides 4 g		1 %
Fibre / Fibres 1 g		4 %
Sugars / Sucres 3 g		
Protein / Protéines 1 g		
Vitamin A / Vitamine A		15 %
Vitamin C / Vitamine C		20 %
Calcium / Calcium		2 %
Iron / Fer		6 %

INGREDIENTS: TOMATOES, TOMATO JUICE, SALT, CALCIUM CHLORIDE, CITRIC ACID. PRODUCED IN A FACILITY THAT PROCESSES MILK.
INGRÉDIENTS: TOMATES, JUS DE TOMATES, SEL, CHLORURE DE CALCIUM, ACIDE CITRIQUE. PRODUIT DANS UNE USINE QUI TRANSFORME DU LAIT.

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PLU: 9948273441

Earth's Own Organic Unsweetened So Nice Almond Beverage

1.75L

Nutrition Facts Valeur nutritive		
Serving Size 1 cup (250 mL) Portion 1 tasse (250 mL)		
Amount Teneur		% Daily Value % valeur quotidienne
Calories / Calories 30		
Fat / Lipides 2.5 g		4 %
Saturated / saturés 0.2 g		1 %
+ Trans / trans 0 g		
Polysaturated / polyinsaturés 0.6 g		
Monounsaturated / monoinsaturés 1.5 g		
Cholesterol / Cholestérol 0 mg		0 %
Sodium / Sodium 110 mg		5 %
Potassium / Potassium 40 mg		1 %
Carbohydrate / Glucides 1 g		1 %
Fibre / Fibres 1 g		2 %
Sugars / Sucres 0 g		
Protein / Protéines 1 g		
Vitamin A / Vitamine A		10 %
Vitamin C / Vitamine C		0 %
Calcium / Calcium		30 %
Iron / Fer		2 %
Vitamin D / Vitamine D		45 %
Vitamin E / Vitamine E		10 %
Riboflavin / Riboflavine		25 %
Vitamin B12 / Vitamine B12		50 %
Phosphorus / Phosphore		15 %
Magnesium / Magnésium		6 %
Zinc / Zinc		10 %

INGREDIENTS: ORGANIC ALMOND BASE, FILTERED WATER, ORGANIC WHOLE ALMONDS, TRICALCIUM PHOSPHATE, ORGANIC LACTIC ACID, ORGANIC SEA SALT, ORGANIC SODIUM BICARBONATE, NATURAL FLAVOUR, VITAMIN A PALMITATE, ZINC GLUCONATE, BIOFLAVIN, VITAMIN D2, VITAMIN B12.
MAY CONTAIN OTHER TREE NUTS. PRODUCED IN A FACILITY THAT ALSO PRODUCES SOY.
INGRÉDIENTS: BASE D'AMANDES BIOLOGIQUES (EAU FILTRÉE, AMANDES ENTÈRES BIOLOGIQUES), PHOSPHATE TRICALCIQUE, GOMME DE CARBOURE BIOLOGIQUE, SEL MARIN, GOMME GELLANE, BICARBONATE DE SODIUM, ARÔME NATUREL, PALMITATE DE VITAMINE A, GLUCONATE DE ZINC, BIOFLAVOÏDE, VITAMINE D2, VITAMINE B12.
PEUT CONTENIR D'AUTRES NUTRES, PRODUIT DANS UN ÉTABLISSEMENT QUI TRAITÉ AUSSI DU SOYA.

KEEP REFRIGERATED. BEST CONSUMED WITHIN 7 TO 10 DAYS OF OPENING.
GARDER RÉFÉRIGÉRÉ. CONSOMMER DANS LES 7 À 10 JOURS APRÈS L'OUVERTURE.
FREEZING NOT RECOMMENDED.
NOT FOR USE AS INFANT FORMULA.
LA CONGÉLATION EST DÉCONSEILLÉE.
NE PAS UTILISER COMME PRÉPARATION POUR NOURRISSONS.

PRODUCED IN CANADA
PRODUIT AU CANADA
FABRIQUÉ AVEC DU LAIT AU CANADA
A PARTIR DE NOURRISSONS CANADIENS ET IMPORTÉS.

earth's own
earthsofown.com 1.800.401.0010

PLU: 62602708781

Pacific Foods Organic Vegetable Broth Low Sodium Tetrapak

1L

Organic Vegetable Broth Low Sodium Bouillon de légumes faible en sodium et biologique		
Per 1 cup (250 mL) / pour 1 tasse (250 mL)		
Amount Per Serving Teneur par portion		% Daily Value % valeur quotidienne
Calories / Calories 25		
Fat / Lipides 1 g		2 %
Saturated / saturés 0.5 g		3 %
+ Trans / trans 0 g		
Cholesterol / Cholestérol 0 mg		0 %
Sodium / Sodium 105 mg		4 %
Carbohydrate / Glucides 3 g		1 %
Fibre / Fibres 1 g		4 %
Sugars / Sucres 2 g		
Protein / Protéines 1 g		
Vitamin A / Vitamine A		0 %
Vitamin C / Vitamine C		0 %
Calcium / Calcium		2 %
Iron / Fer		6 %

INGREDIENTS: WATER, CARROTS*, CELERY*, ONIONS*, TOMATOES (TOMATOES*, TOMATO JUICE*, CITRIC ACID*), LEEKS*, MUSHROOMS*, GARLIC*, SEA SALT, SPICES*.
INGRÉDIENTS: EAU, CAROTTES*, CÉLÉRI*, OIGNONS*, TOMATES (TOMATES*, JUS DE TOMATE*, ACIDE CITRIQUE*), POIREAUX*, CHAMPIGNONS*, AIL*, SEL DE MER, ÉPICES*.
*ORGANIC / BIOLOGIQUE
Distributed by • Distribué par:
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Certified Organic by • Certifié biologique par: Oregon Tilth

PLU: 5260305437

Olympic Original Organic Plain Yogurt

650g

Nutrition Facts Valeur nutritive		
Per 3/4 cup (175 g) / pour 3/4 tasse (175 g)		
Amount Teneur		% Daily Value % valeur quotidienne
Calories / Calories 110		
Fat / Lipides 6 g		9 %
Saturated / saturés 3.5 g		19 %
+ Trans / trans 0.2 g		
Cholesterol / Cholestérol 20 mg		4 %
Sodium / Sodium 95 mg		4 %
Carbohydrate / Glucides 5 g		2 %
Fibre / Fibres 0 g		0 %
Sugars / Sucres 5 g		
Protein / Protéines 7 g		

INGREDIENTS: ORGANIC WHOLE MILK FROM GRASS-FED COWS, SKIM MILK POWDER, ACTIVE BACTERIAL CULTURE (INCLUDING PROBIOTIC CULTURES LACTOBACILLUS ACIDOPHILUS, B. LACTIS AND LACTOBACILLUS PARACASES). NO GELATINE. NO GLUTEN. NO PRESERVATIVES.
INGRÉDIENTS: LAIT ENTIER BIOLOGIQUE PROVENANT DE VACHES NOURRIES À L'HERBE, POUDRE DE LAIT ÉCRÉMÉ, CULTURE BACTÉRIENNE ACTIVE (INCLUANT CULTURES PROBIOTIQUES LACTOBACILLUS ACIDOPHILUS, B. LACTIS ET LACTOBACILLUS PARACASES), SANS GÉLATINE, SANS GLUTEN, SANS AGENT DE CONSERVATION.

PLU: 5916170203

365 Pasta Organic Penne Rigate

454g

Nutrition Facts	
about 8 servings per container	
Serving size 2/3 cup (56g) dry	
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 43g	16%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.5mg	2%
Potassium 120mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
INGREDIENTS: ORGANIC DURUM WHEAT SEMOLINA.	
CONTAINS WHEAT INGREDIENTS. PRODUCED IN A FACILITY THAT PROCESSES EGGS.	
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PRODUCT OF ITALY	

PLU: 9948243175

365 Peanut Butter Creamy

500g

Nutrition Facts	
Valeur nutritive	
Per 1 Tbsp (15 g) / pour 1 c. à soupe (15 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	90
Fat / Lipides 8 g	12 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol	0 mg
Sodium / Sodium	65 mg 3 %
Carbohydrate / Glucides	3 g 1 %
Fibre / Fibres	1 g 4 %
Sugars / Sucres	1 g
Protein / Protéines	4 g
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	2 %

INGREDIENTS: DRY ROASTED PEANUTS, SALT.
CONTAINS PEANUT INGREDIENTS. PRODUCED
IN A FACILITY THAT PROCESSES TREE NUTS.

PLU: 9948277030

Natrel Salted Butter

454g

Nutrition Facts	
Valeur nutritive	
Per 2 teaspoons (10 g)	
Pour 2 c. à thé (10 g)	
Calories 70	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 8 g	11 %
Saturated / saturés 5 g	27 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0.1 g	
Cholesterol / Cholestérol 20 mg	
Sodium 75 mg	3 %
Potassium 0 mg	0 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

PLU: 5587227186

Avalon Organic Sour Cream

250ml

Nutrition Facts	Amount / Teneur	% DV / % VQ*	Amount / Teneur	% DV / % VQ*
Valeur nutritive	Fat / Lipides 4 g	6 %	Carbohydrate / Glucides 2 g	1 %
Per 2 Tbsp (30mL)	Saturated / saturés 2.5 g	13 %	Fibre / Fibres 0 g	0 %
Per 2 c. à soupe (30mL)	+ Trans / trans 0.1 g		Sugars / Sucres 2 g	
Calories 50	Cholesterol / Cholestérol 15 mg		Protein / Protéines 1 g	
	Sodium / Sodium 20 mg	1 %		
* DV = Daily Value	Vitamin A / Vitamine A	4 %	Calcium / Calcium	4 %
VQ = Valeur quotidienne	Vitamin C / Vitamine C	0 %	Iron / Fer	0 %

KEEP REFRIGERATED / GARDER AU RÉFRIGÉRATEUR
Best before date shown / Meilleur avant la date indiquée
INGREDIENTS: ORGANIC MILK, ORGANIC CREAM,
ORGANIC SKIM MILK POWDER, ORGANIC TAPIOCA
STARCH, GUAR GUM, CARRAGEENAN, BACTERIAL
CULTURES.
INGRÉDIENTS: LAIT BIOLOGIQUE, CRÈME BIOLOGIQUE,
POUDRE DE LAIT ÉCRÉMÉ BIOLOGIQUE, AMIDON DE
TAPIOCA BIOLOGIQUE, GOMME DE GUAR,
CARRAGHÉNINE, CULTURE BACTÉRIENNE.

Avalon Dairy Ltd.
7985 North Fraser Way,
Burnaby B.C. V5J 0A4

4441

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PLU: 6693900600

Soyganic Tofu Firm Organic

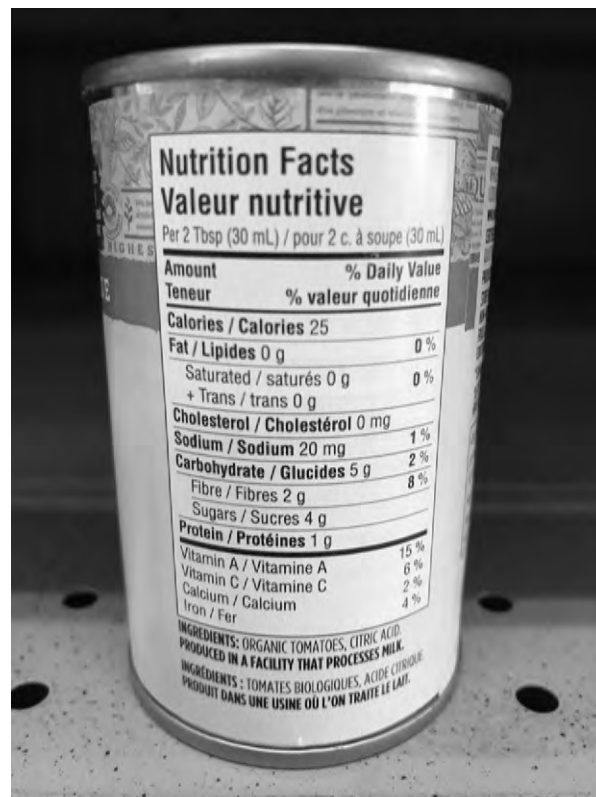
350g



PLU: 5786400068

365 Tomato Paste

156ml



PLU: 9948273439

365 Tomato Sauce Organic

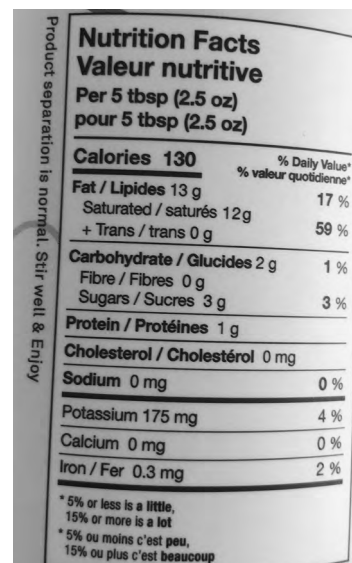
227ml



PLU: 9948241834

Yoggu Vanilla Dairy Free Coconut Yogurt

500ml



Ingredients: organic coconut cream, agar, organic coconut nectar, organic vanilla, vegan probiotic cultures.
Ingrédients: crème de noix de coco biologique, agar, nectar de noix de coco biologique, vanille biologique probiotiques végétaux.

Contains Coconut.
 Contient noix de coco.

PLU: 62798707080

Island City Whole Wheat
Homestyle Loaf

660g



PLU: 68012902822

Annie's Shells Cheddar

170g



PLU: 1356200039

