

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### ABENAKIS

#### Pancake Mixes, Organic

co	ABE012	Buckwheat	6 / 1 kg	3.33	18.15								
co	ABE013	Oat	6 / 1 kg	3.33	18.15								

#### Nutritional Yeast (was Lallemand)

	YEA107	Nutritional Yeast, Small	1 / 500 g	12.03									
	YEA108	Nutritional Yeast, Medium	1 / 2 kg	35.41									

### ALEXIA FOODS

*Produces a full line of 100% all natural, trans fat free, premium frozen products for the oven, microwave or fryer that deliver outstanding gourmet flavour from freezer to table in just minutes. For more information visit [www.alexiafoods.com](http://www.alexiafoods.com)*

#### **January Line Drive**

#### Sweet Potato Julienne-cut Fries

	ALX007	Spicy Sweet Pot. w/ Chipotle	12 / 567 g	4.79	50.25			20%	3.83	40.20			
F	K	ALX006	Sweet Potato w/ Sea Salt	12 / 425 g	3.86	40.50		20%	3.09	32.40			

#### Crisply Waffle-Cut Fries

	ALX008	Waffle Fries w/ seas. salt	12 / 567 g	4.79	50.25			20%	3.83	40.20			
--	--------	----------------------------	------------	------	-------	--	--	-----	------	-------	--	--	--

#### Potato Wedge-cut Oven Fries, made w/ Olive Oil

F	K	ALX110	Oven Fries/Sea Salt - Disco'd	12 / 450 g	3.52	36.94	- Disco'd						
F	K	ALX112	Oven Fries, Rosemary & Garlic	12 / 450 g	3.52	36.94		20%	2.82	29.55			
F	K	ALX114	Oven Reds, Parm. 'n Rstd Garlic	12 / 425 g	3.52	36.94		20%	2.82	29.55			

#### Onion Rings

F	K	ALX040	Onion Rings with Sea Salt	12 / 340 g	4.31	45.19		20%	3.45	36.15			
---	---	--------	---------------------------	------------	------	-------	--	-----	------	-------	--	--	--

### THE ALGONQUIN TEA COMPANY

*100% certified organic hand picked indigenous Canadian herbs. For more information visit [www.algonquintea.com](http://www.algonquintea.com)*

#### **February Line Drive**

#### Certified Organic & Wildcrafted Tea

	co	TEA113	Sweetfern Tonic	6 / 24 ct	7.58	42.09					15%	6.44	35.78
	co	TEA121	Peace	6 / 24 ct	7.58	42.09					15%	6.44	35.78
	co	TEA116	Homestead Blend	6 / 24 ct	7.58	42.09					15%	6.44	35.78
	co	TEA122	Awakening	6 / 24 ct	7.58	42.09					15%	6.44	35.78
	co	TEA120	Sacred Blend	6 / 24 ct	7.58	42.09					15%	6.44	35.78
	co	TEA119	Lucid Dream	6 / 24 ct	7.58	42.09					15%	6.44	35.78

### ALTURA

*Natural non-treated pink salt from the Andes mountains (packaged by Gogo Quinoa) For more information visit [www.gogoquinoa.com](http://www.gogoquinoa.com)*

#### Pink Salt, Andes Mountains

	BC	ALT001	Pink Table Salt	12 / 250 g	2.13	23.59							
	BC	ALT002	Pink Coarse Cooking Salt	10 / 750 g	4.93	45.57							

### AMY'S KITCHEN

*Amy's Kitchen is a family business which began operation in 1987 with the purpose of making healthy, organic, and easy-to-prepare frozen food. For more information visit [www.amyskitchen.com](http://www.amyskitchen.com)*

#### **• Canned Products, Organic**

#### Premium Soup, Organic

	o	AMY103	Cream of Mushroom	12 / 398 ml	3.92	41.33			15%	3.33	35.13		
	o	AMY105	Black Bean Vegetable	12 / 398 ml	3.92	41.33			15%	3.33	35.13		

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Soup, Organic - Low Sodium</b>													
			o AMY090 Lentil Vegetable	12 / 398 ml	3.31	34.82		15%	2.81	29.60			
			o AMY091 Split Pea	12 / 398 ml	3.31	34.82		15%	2.81	29.60			
			o AMY092 Tomato Bisque	12 / 398 ml	3.31	34.82		15%	2.81	29.60			
<b>Soup, Organic</b>													
			o AMY107 Vegetable Barley	12 / 398 ml	3.31	34.82		15%	2.81	29.60			
		KO	AMY305 Tomato Bisque	12 / 398 ml	3.31	34.82		15%	2.81	29.60			
			o AMY106 Split Pea	12 / 398 ml	3.31	34.82		15%	2.81	29.60			
			o AMY301 No Chicken Noodle	12 / 398 ml	3.31	34.82		15%	2.81	29.60			
			o AMY102 Minestrone	12 / 398 ml	3.31	34.82		15%	2.81	29.60			
			o AMY304 Lentil Vegetable	12 / 398 ml	3.31	34.82		15%	2.81	29.60			
			o AMY100 Lentil	12 / 398 ml	3.31	34.82		15%	2.81	29.60			
			o AMY104 Cream of Tomato	12 / 398 ml	3.31	34.82		15%	2.81	29.60			
			o AMY303 Butternut Squash	12 / 398 ml	3.31	34.82		15%	2.81	29.60			
			o AMY302 Alphabet	12 / 398 ml	3.31	34.82		15%	2.81	29.60			
<b>Beans, Gluten-free, Organic</b>													
		GFO	AMY160 Baked, Vegetarian	12 / 398 ml	3.08	32.48					15%	2.62	27.61
		GFO	AMY151 Refried Black	12 / 398 ml	3.08	32.48					15%	2.62	27.61
		GFO	AMY150 Refried Pinto	12 / 398 ml	3.08	32.48					15%	2.62	27.61
		GFO	AMY152 Refried Pinto with Green Chilies	12 / 398 ml	3.08	32.48					15%	2.62	27.61
<b>Chili, Organic</b>													
			o AMY110 Chili - Medium	12 / 398 ml	3.52	37.03							
			o AMY111 Chili with Vegetables - Medium	12 / 398 ml	3.52	37.03							
			o AMY112 Chili - Spicy	12 / 398 ml	3.52	37.03							
<b>• Frozen Products</b>													
<b>Veggie Burgers</b>													
		F	AMY015 California	12 / 284 g	6.30	66.42							
		F	AMY338 Texas	12 / 284 g	6.30	66.42							
<b>Pizza, Single-Serve</b>													
		F K	AMY070 Single Serve, Cheese	12 / 176 g	5.04	53.12					15%	4.28	45.15
<b>Pizza</b>													
		F	AMY032 Spinach & Feta	8 / 397 g	8.55	60.10					15%	7.27	51.09
		F	AMY344 Soy "Cheeze"	8 / 369 g	8.55	60.10					15%	7.27	51.09
		F	AMY047 Mushroom & Olive	8 / 369 g	8.55	60.10					15%	7.27	51.09
		F	AMY031 Cheese	8 / 369 g	8.55	60.10					15%	7.27	51.09
		F D	AMY033 Roasted Veg. / No-Cheese	8 / 340 g	9.99	70.19					15%	8.49	59.66
		F	AMY043 Pesto Pizza	8 / 383 g	9.99	70.19					15%	8.49	59.66
		F K	AMY049 Margherita	8 / 369 g	9.99	70.19					15%	8.49	59.66
		F GFW	AMY048 Rice Crust Cheese, gluten-free	8 / 340 g	11.67	82.01					15%	9.92	69.71
<b>Gluten-free Burrito</b>													
		F GfKO	AMY085 Bean & Cheese Burrito	12 / 156 g	3.36	35.43							
		F GfKO	AMY086 Bean & Rice Burrito	12 / 156 g	3.36	35.43							
<b>Burritos</b>													
		F	AMY012 Bean & Cheese	12 / 170 g	2.96	31.14							
		F D	AMY011 Bean & Rice	12 / 170 g	2.96	31.14							
		F D	AMY021 Black Bean	12 / 170 g	2.96	31.14							
		F	AMY013 Breakfast Burrito	12 / 170 g	2.96	31.14							
<b>Pocket Sandwiches</b>													
		F	AMY027 Spinach & Feta	12 / 128 g	3.05	32.11		15%	2.59	27.29			
		F D	AMY029 Vegetable Pie	12 / 142 g	3.05	32.11		15%	2.59	27.29			
<b>Pot Pies</b>													
		F	AMY002 Broccoli & Cheese	12 / 213 g	3.98	41.89							
		F DGFW	AMY004 Shepherd's Pie, gluten-free	12 / 227 g	4.05	42.63							
		F	AMY001 Vegetable	12 / 213 g	3.98	41.89							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Bowls</b>													
F		AMY051	Brown Rice & Vegetable	12 / 284 g	5.81	61.27							
F		AMY052	Pesto Tortellini	12 / 269 g	5.81	61.27							
F		AMY050	Teriyaki Bowl	12 / 269 g	5.81	61.27							
<b>Gluten-free Rice Macaroni Entrées</b>													
F	GfKO	AMY080	Gf Mac w/ Real Cheddar	12 / 255 g	4.28	45.05							
F	GfKO	AMY081	Gf Mac w/ Cheddar-style	12 / 227 g	4.67	49.19							
<b>Light &amp; Lean Entrées - Codes and Pricing Coming Soon</b>													
F			Spinach Lasagna - New	12 / 227 g									
F	K		Sweet & Sour Asian Noodle - New	12 / 227 g									
F	K		Spaghetti Italiano - New	12 / 227 g									
F	K		3 Cheese Penne Marinara - New	12 / 227 g									
<b>Entrées</b>													
F		AMY306	Macaroni & Soy Cheese	12 / 255 g	3.74	39.36							
F		AMY005	Macaroni & Cheese	12 / 255 g	3.74	39.36							
F		AMY318	Cheese Enchilada	12 / 255 g	5.11	53.87							
F		AMY009	Vegetable Lasagna	12 / 269 g	5.54	58.42							
F		AMY010	Tofu Lasagna	12 / 269 g	5.54	58.42							
<b>Whole Meals, Indian</b>													
F		AMY018	Indian Mattar Paneer	12 / 284 g	5.65	59.54		15%	4.80	50.61			
F	K	AMY020	Indian Palak Paneer	12 / 284 g	5.65	59.54		15%	4.80	50.61			
F		AMY023	Indian Paneer Tikka	12 / 269 g	5.65	59.54		15%	4.80	50.61			
F		AMY024	Indian Vegetable Korma	12 / 269 g	5.65	59.54		15%	4.80	50.61			
<b>Whole Meals</b>													
F	DGFW	AMY317	Black Bean Enchilada, gluten-free	12 / 284 g	5.65	59.54							
F	W	AMY019	Veggie Loaf	12 / 284 g	5.65	59.54							
<b>L'ANCÊTRE</b>													
<i>Traditional methods, respectful of nature and the environment. For more information visit <a href="http://www.fromagerieancetre.com">www.fromagerieancetre.com</a></i>													
*RM = Made From Raw Milk, *L = Lactose-free													
<b>Organic Raw Milk Cheese</b>													
R	CO	CHE173	Emmental Swiss, *RM	12 / 200 g	6.07	66.31		10%	5.46	59.68			
R	CO	CHE171	Parmesan - Block, *L, *RM	14 / 200 g	7.40	94.21					10%	6.66	84.79
R	CO	CHE170	Parmesan - Grated, *L, *RM	14 / 125 g	5.10	64.92					10%	4.59	58.43
<b>Organic Cheese</b>													
R	CO	ANC040	Brie 26% MF	6 / 135 g	5.71	33.22							
R	CO	ANC041	Goat Chevre	6 / 100 g	5.71	33.22							
R	CO	CHE172	Ricotta Cheese - Disco'd	14 / 200 g	4.01	51.04	- Disco'd						
R	CO	CHE165	Frugal 7% MF, *L	14 / 200 g	5.72	72.83		10%	5.15	65.55			
R	CO	CHE163	Frugal 7% MF, *L	8 / 325 g	8.99	65.42		10%	8.09	58.88			
R	CO	CHE167	Mozzarella 15% MF, *L	14 / 200 g	5.72	72.83		10%	5.15	65.55			
R	CO	CHE169	Mozzarella 15% MF, *L	8 / 325 g	8.99	65.42		10%	8.09	58.88			
R	CO	ANC115	Mozzarella 20% MF	14 / 200 g	5.72	72.83		10%	5.15	65.55			
R	CO	ANC116	Mozzarella 20% MF	8 / 325 g	8.99	65.42		10%	8.09	58.88			
R	CO	ANC111	Coloured Cheddar	14 / 200 g	5.90	75.09							
R	CO	ANC112	Coloured Cheddar	8 / 325 g	9.29	67.64							
R	CO	ANC113	Marble Cheddar	14 / 200 g	5.90	75.09							
R	CO	ANC114	Marble Cheddar	8 / 325 g	9.29	67.64							
<b>Organic Raw Milk Cheese, Slices</b>													
R	CO	ANC030	Emmental, *RM	12 / 180 g	5.64	65.60		10%	5.08	59.04			
R	CO	ANC031	Mild Cheddar, *RM	12 / 180 g	5.48	63.76		10%	4.93	57.38			

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Organic Cheese, Slices &amp; Shredded</b>													
R	CO	ANC175	Emmental Swiss Shreds	14 / 200 g	5.70	62.24		10%	5.13	56.02			
R	CO	ANC110	Mozzarella & Cheddar, Shreds	12 / 200 g	5.70	62.24		10%	5.13	56.02			
R	CO	ANC032	Mozzarella 15% MF, *L Slices	12 / 180 g	5.48	63.76		10%	4.93	57.38			
<b>Organic Raw Milk Cheddar Cheese</b>													
R	CO	ANC020	1 Year Old, *L, *RM	14 / 200 g	5.70	77.34							
R	CO	ANC021	2 Year Old, *L, *RM	14 / 200 g	6.03	81.83							
R	CO	ANC022	3 Year Old, *L, *RM	14 / 200 g	6.36	86.33							
R	CO	ANC121	4 Year Old *L, *RM	14 / 200 g	7.47	95.12							
R	CO	ANC124	5 Year Old *L, *RM	14 / 200 g	7.82	99.61							
R	CO	CHE151	Mild, *RM	14 / 200 g	5.72	72.83							
R	CO	CHE152	Mild, *RM	8 / 325 g	8.99	65.46							
R	CO	CHE155	Medium, *L, *RM	14 / 200 g	5.90	75.09							
R	CO	CHE156	Medium, *L, *RM	8 / 325 g	9.29	67.64							
R	CO	CHE160	Old, *L, *RM	14 / 200 g	6.07	77.34							
R	CO	CHE161	Old, *L, *RM	8 / 325 g	9.57	69.70							
R	CO	ANC109	Extra Sharp, *L, *RM	14 / 200 g	6.42	81.83							
R	CO	ANC108	Extra Sharp, *L, *RM	8 / 325 g	10.22	74.39							
<b>Organic Cheese - Ziplock</b>													
R	CO	ANC050	Marble Cheddar	1 / 908 g	24.40								
R	CO	ANC052	Mozzarella 15% MF, *L	1 / 908 g	23.30								
R	CO	ANC051	Medium Cheddar, *L, *RM	1 / 908 g	24.40								
<b>Organic Raw Milk Cheddar Cheese - BULK</b>													
R	CO	ANC061	Mild, *RM	1 / 1 kg	24.86								
R	CO	ANC063	Medium Cheddar, *L, *RM	1 / 1 kg	26.07								
R	CO	ANC062	Old, *L, *RM	1 / 1 kg	27.28								
R	CO	ANC060	Extra Sharp, *L, *RM	1 / 1 kg	29.28								
R	CO	ANC122	4 Year Old *L, *RM	1 / 1 kg	34.06								
R	CO	ANC125	5 Year Old *L, *RM	1 / 1 kg	36.06								
R	CO	CHE153	Mild, *RM	1 / 2 kg	48.34								
R	CO	CHE157	Medium, *L, *RM	1 / 2 kg	50.76								
R	CO	CHE162	Old, *L, *RM	1 / 2 kg	53.18								
R	CO	ANC306	Extra Sharp, *L, *RM	1 / 2 kg	57.18								
R	CO	ANC123	4 Year Old *L, *RM	1 / 2 kg	66.73								
R	CO	ANC126	5 Year Old *L, *RM	1 / 2 kg	70.73						10%	63.66	
<b>Organic Cheese - BULK</b>													
R	CO	CHE168	Mozzarella 15% MF, *L	1 / 2 kg	48.34			10%	43.51				
R	CO	ANC064	Mozzarella 20% MF	1 / 1 kg	24.87			10%	22.38				
R	CO	CHE166	Frugal 7% MF, *L	1 / 2 kg	48.34			10%	43.51				
<b>Organic, Raw Milk, Cheese - BULK</b>													
R	CO	ANC065	Parmesan, *L, *RM	1 / 1 kg	32.90								
R	CO	CHE174	Emmental, *RM	1 / 2 kg	50.76			10%	45.68				
R	CO	ANC120	Grated Parmesan, *L, *RM	1 / 2 kg	67.60								
<b>Organic Cheese - SPECIAL ORDER BULK</b>													
R	CO	ANC117	Mozzarella, Shredded, *L	5 / 2 kg	55.16	251.09	Special Order						
R	CO	ANC416	5 Year Old *L, *RM	1 / 19 kg	624.69		Special Order						
<b>Organic Butter - Shipped Frozen</b>													
F	CO	ANC005	Butter - Salted	12 / 250 g	5.19	58.62							
F	CO	ANC003	Butter - Unsalted	12 / 250 g	5.19	58.62							
<b>Organic Butter - BULK</b>													
F	CO	ANC010	Butter - Salted	1 / 12 kg	215.13								
F	CO	ANC011	Butter - Unsalted	1 / 12 kg	215.13								

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### ANNIE CHUN'S

*Freshpak™ (not dried) noodles. Biodegradable bowls and trays. Ready to eat in 1 minute. Incredible Asian taste*

*For more information visit [www.anniechun.com](http://www.anniechun.com)*

#### Roasted Korean Seaweed Snacks - Full Sleeves Only - New

DGF		<b>ACH032</b>	With Sesame Oil - New	12 / 10g		19.60		25%		14.70			
DGF		<b>ACH033</b>	With Wasabi - New	12 / 10g		19.60		25%		14.70			

#### Vegan Noodle Bowls - Microwavable cornstarch based bowl, 100% recycled cardboard sleeve

D		ACH004	Teriyaki (mild)	6 / 232 g	3.47	19.22		20%	2.78	15.38			
D		ACH005	Kung Pao (medium)	6 / 258 g	3.47	19.22		20%	2.78	15.38			
D		ACH006	Peanut Sesame (mild-medium)	6 / 258 g	3.47	19.22		20%	2.78	15.38			

#### Soup Bowls

		ACH001	Miso Soup	6 / 155 g	3.47	19.22		20%	2.78	15.38			
		ACH002	Tom Yum (Contains Fish Sauce)	6 / 170 g	3.47	19.22		20%	2.78	15.38			
		ACH003	Udon Soup	6 / 150 g	3.47	19.22		20%	2.78	15.38			

#### Rice Express, gluten-free

GFW		ACH020	Sprouted Brown Rice	6 / 180 g	3.00	16.66		15%	2.55	14.16	15%	2.55	14.16
GFW		ACH021	Sticky White Rice	6 / 210 g	3.00	16.66		15%	2.55	14.16	15%	2.55	14.16

### ANNIE'S HOMEGROWN

*Uses only simple natural and organic ingredients, no icky additives or pesky preservatives. For more information visit [www.annies.com](http://www.annies.com)*

*Bunny Fruit snacks are certified organic, vegan, made with real fruit juice, free of artificial coloring and gelatin.*

#### Organic Bunny Fruit, bunny-shaped jelly snacks, 5 individual pouches/box

H	OD	ANH151	Summer Strawberry, 5 ct	12 / 115 g	5.09	53.37		20%	4.07	42.70			
H	OD	ANH150	Berry Patch, 5 ct	12 / 115 g	5.09	53.37		20%	4.07	42.70			

*Mix of 3 flavours in each pouch: strawberry, cherry, and raspberry*

#### Snack Mix - New

		<b>ANH203</b>	Original - New	12 / 142g	4.12	43.22		20%	3.30	34.58			
		<b>ANH204</b>	Cheddar - New	12 / 142g	4.12	43.22		20%	3.30	34.58			

#### Bunny Graham Crackers

		ANH201	Chocolate	12 / 213 g	4.11	43.12							
		ANH202	Honey	12 / 213 g	4.11	43.12							

#### Cheddar Bunnies - Baked Snack Crackers

		ANH200	Cheddar Bunnies	12 / 213 g	4.11	43.12							
--	--	--------	-----------------	------------	------	-------	--	--	--	--	--	--	--

#### 70% Org. Creamy Deluxe Mac & Cheese

		ANH013	Shells & Aged Cheddar Sauce	12 / 312 g	4.34	45.52		15%	3.69	38.69			
--	--	--------	-----------------------------	------------	------	-------	--	-----	------	-------	--	--	--

#### Organic Macaroni and Cheese Mixes

O		ANH009	Shells & White Cheddar	12 / 170 g	3.06	32.07		20%	2.45	25.66			
O		ANH003	Whole Wheat Shells & Cheddar	12 / 170 g	3.06	32.07		20%	2.45	25.66			

#### Macaroni and Cheese Mixes, Natural

		ANH012	Classic Macaroni & Cheese	12 / 170 g	2.27	23.80		20%	1.82	19.04			
		ANH006	Bunny Shape Pasta & Yummy Cheese	12 / 170 g	2.27	23.80		20%	1.82	19.04			
		ANH011	Shells & Wisconsin Cheddar	12 / 170 g	2.27	23.80		20%	1.82	19.04			
		ANH001	Shells & White Cheddar	12 / 170 g	2.27	23.80		20%	1.82	19.04			
		ANH007	Shells & Cheddar - Family Size	6 / 340 g	3.59	18.81		20%	2.87	15.05			

#### Gluten Free Macaroni and Cheese Mix, Natural

GFW		ANH020	Rice Pasta and Cheddar	12 / 170 g	3.33	34.95		20%	2.66	27.96			
-----	--	--------	------------------------	------------	------	-------	--	-----	------	-------	--	--	--

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

## ARAYUMA

*From Sri Lanka; organic coconut milk, fair trade gluten-free non-irradiated organic herbs, spices and teas.*

*Teas, retail herbs and spices are packaged in hand-woven reed boxes. For more information visit [www.arayuma.com](http://www.arayuma.com)*

### Organic Coconut Milk

CGFKO		<b>ARA076</b>	<b>Coconut Milk, Lite - New</b>	12 / 400 ml	2.68	29.30							
CGFKO		ARA075	Coconut Milk	12 / 400 ml	2.68	29.30							

• **Teas** Pyramid shaped tea bags made from biodegradable corn-derived PLA.

### Organic Fair Trade Ayurvedic, Green and Black Teas

CGFOT	ARA025	Cinnergy (Ayurvedic) - Disco'd	6 / 12 ct	6.47	35.37		- Disco'd						
CGFOT	ARA010	Mellow Green - Disco'd	6 / 15 ct	7.20	39.34		- Disco'd						
CGFOT	ARA003	Earl Grey - Disco'd	6 / 15 ct	7.20	39.34		- Disco'd						
CGFOT	ARA002	Chai Tea, in bags	6 / 15 ct	7.20	39.34								
CGFOT	ARA001	Chai Tea, Loose in Tin - Disco'd	6 / 100 g	12.34	67.50		- Disco'd						

### • **Gluten-free Culinary Herbs & Spices**

#### Masala Kits - 4 collections of spices and recipes

CGFOT	ARA190	Curry Spice	3 / Kits	13.67	37.37								
		<i>Contains: Garam Masala 10g, Ground Cumin 30g, Ground Turmeric 30g</i>											
CGFOT	ARA191	Sweet Spice	3 / Kits	13.67	37.37								
		<i>Contains: Whole Clove 25g, Ground Cinnamon 30g, Ground Nutmeg 30g</i>											
CGFOT	ARA192	Fiery Spice	3 / Kits	13.67	37.37								
		<i>Contains: Crushed Chili 30g, Ground Ginger 30g, Whole Black Pepper 30g</i>											
CGFOT	ARA193	Soothing Spice	3 / Kits	13.67	37.37								
		<i>Contains: Lemongrass Sticks 10g, Whole Fennel 30g, Whole Cardamom 25g</i>											

#### Organic, Fair Trade, Curry Powder

CGFOT	ARA053	Ayur Masala	6 / 10 g	3.80	20.74								
CGFOT	ARA052	Garam Masala	6 / 10 g	3.80	20.74								

#### Organic Fair Trade Culinary Spices

CGFOTW	ARA118	Fennel Seed, Whole	6 / 30 g	3.20	17.48								
CGFOTW	ARA119	Coriander Seed, Whole	6 / 25 g	3.20	17.48								
CGFOTW	ARA120	Cumin Seed, Whole	6 / 30 g	3.20	17.48								
CGFOTW	ARA121	Cumin Seed, Ground	6 / 30 g	3.20	17.48								
CGFOT	ARA115	Black Pepper, Whole	6 / 30 g	3.20	17.48								
CGFOT	ARA103	Cardamom, Whole	6 / 25 g	5.04	27.53								
CGFOT	ARA104	Chili Pepper, Crushed	6 / 30 g	3.80	20.74								
CGFOT	ARA100	Cinnamon Quills	6 / 25 g	3.80	20.74								
CGFOT	ARA101	Cinnamon, Ground	6 / 30 g	3.20	17.48								
CGFOT	ARA102	Clove, Whole	6 / 25 g	3.20	17.48								
CGFOT	ARA106	Curry Leaf, Whole	6 / 6 g	2.67	14.56								
CGFOT	ARA108	Ginger, Ground	6 / 30 g	3.80	20.74								
CGFOT	ARA109	Lemongrass, Sticks	6 / 10 g	2.67	14.56								
CGFOT	ARA112	Nutmeg, Ground	6 / 30 g	5.04	27.53								
CGFOT	ARA111	Nutmeg, Whole	6 / 30 g	5.04	27.53								
CGFOT	ARA117	Turmeric, Ground	6 / 30 g	3.20	17.48								
CGFOT	ARA113	Turmeric, Slices	6 / 30 g	2.67	14.56								

#### Organic Fair Trade Culinary Spices - BULK

CGFOTW	ARA155	Fennel Seed, Whole	1 / 500 g	7.87									
CGFOTW	ARA156	Coriander Seed, Whole	1 / 500 g	9.05									
CGFOTW	ARA157	Cumin Seed, Whole	1 / 500 g	10.89									
CGFOTW	ARA158	Cumin Seed, Ground	1 / 500 g	12.66									
CGFOT	ARA150	Black Pepper, Whole	1 / 500 g	16.84									
CGFOT	ARA151	Cinnamon, Ground	1 / 500 g	19.05									
CGFOT	ARA152	Cinnamon Quills	1 / 500 g	23.90									
CGFOT	ARA154	Turmeric, Ground	1 / 500 g	19.49									

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.  
Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### ARROWHEAD MILLS

*All-natural, gluten free baking mixes and pasta. For more information, visit [www.arrowheadmills.com](http://www.arrowheadmills.com)*

#### Gluten-free Baking Mixes

GfK	ARM020	All Purpose Baking	6 / 793 g	7.57	42.03						20%	6.06	33.62
-----	--------	--------------------	-----------	------	-------	--	--	--	--	--	-----	------	-------

#### Gluten-free Mac & Cheese Mix

GfK	ARM004	Rice Shells & Cheddar	12 / 206 g	3.12	34.59						20%	2.50	27.67
-----	--------	-----------------------	------------	------	-------	--	--	--	--	--	-----	------	-------

#### Gluten-free Pasta

GfK	ARM002	Corn Spaghetti	12 / 227 g	3.12	34.60						20%	2.50	27.68
-----	--------	----------------	------------	------	-------	--	--	--	--	--	-----	------	-------

GfK	ARM001	Corn Elbows	12 / 340 g	3.14	34.80						20%	2.51	27.84
-----	--------	-------------	------------	------	-------	--	--	--	--	--	-----	------	-------

### ARTESIAN ACRES

*Blends the goodness of Organic Whole Grain Kamut Pasta with the sophistication of Gourmet taste to come up with this earthy line of pastas.*

#### Specialty Kamut Pasta

CKO	ART107	Orzo	12 / 454 g	3.19	34.75								
CKO	ART108	Alphabet	12 / 454 g	3.19	34.75								
CKO	ART109	Fettuccine Nests	8 / 375 g	3.33	24.24								
CKO	ART110	Capellini Nests	8 / 375 g	3.33	24.24								
CKO	ART106	Parsley Garlic Linguine	12 / 454 g	3.90	42.54								
CKO	ART105	Vegetable Rotini	12 / 454 g	3.90	42.54								

#### Kamut Pasta

CKO	ART101	Spaghetti	12 / 454 g	3.19	34.78						20%	2.55	27.82
CKO	ART103	Rotini	12 / 454 g	3.19	34.78						20%	2.55	27.82
CKO	ART104	Penne	12 / 454 g	3.19	34.78						20%	2.55	27.82
CKO	ART102	Linguine	12 / 454 g	3.19	34.78						20%	2.55	27.82
CKO	ART007	Lasagna	12 / 454 g	3.95	43.14						20%	3.16	34.51

#### Kamut Pasta - BULK

CKO	ART020	Spaghetti 10"	1 / 5 kg	28.29							15%	24.05	
CKO	ART022	Rotini	1 / 5 kg	28.29							15%	24.05	
CKO	ART023	Penne	1 / 5 kg	28.29							15%	24.05	

#### Specialty Kamut Pasta - BULK

CKO	ART024	Vegetable Rotini	1 / 5 kg	34.71									
-----	--------	------------------	----------	-------	--	--	--	--	--	--	--	--	--

### ARVINDA'S

*Premium Indian spice blends, freshly ground, roasted and blended in Oakville, Ontario. No oils, additives, preservatives or fillers. Proudly sharing our culinary traditions enabling home cooks to prepare authentic, delicious and healthy Indian meals with ease. For more information visit [www.arvindas.com](http://www.arvindas.com)*

#### Curry Powder - in Tin

c	ARV021	Curry Powder	12 / 52 g	4.94	54.00						15%	4.20	45.90
---	--------	--------------	-----------	------	-------	--	--	--	--	--	-----	------	-------

#### Masala - in Tins

c	ARV001	Chai Masala	12 / 44 g	5.18	56.65								
c	ARV002	Curry Masala	12 / 70 g	4.94	54.00						15%	4.20	45.90
c	ARV003	Garam Masala	12 / 44 g	5.18	56.65								
c	ARV004	Madras Masala	12 / 70 g	4.94	54.00						15%	4.20	45.90
c	ARV005	Tandoori Masala	12 / 70 g	4.94	54.00						15%	4.20	45.90
c	ARV006	Tikka Masala	12 / 70 g	4.94	54.00						15%	4.20	45.90

#### Whole Herbs & Spices - in Tins

c	ARV020	Whole Spices	12 / 44 g	4.94	54.00								
c	ARV010	Curry Leaves	12 / 5 g	4.33	47.30								
c	ARV011	Kafir Lime Leaves	12 / 5 g	3.80	41.48								

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### BANDITO'S

**Tortilla Chips, Organic - made with stone-ground corn and organic expeller pressed vegetable oils**

H	CKO	BND050	Yellow Corn	9 / 312 g	3.53	29.86							
H	CKO	BND051	Blue Corn	9 / 312 g	3.53	29.86							
H	CKO	BND052	Multigrain, flax, rice & sesame	9 / 312 g	3.53	29.86							

**Salsa, Organic**

H	CKO	<b>BND013</b>	<b>Roasted Garlic - new</b>	12 / 454 g	3.44	38.81							
	CKO	BND010	Hot & Spicy	12 / 454 g	3.44	38.81							
	CKO	BND011	Medium	12 / 454 g	3.44	38.81							
	CKO	BND012	Volcanic	12 / 454 g	3.44	38.81							

**Popping Corn, Microwaveable, Organic**

	CO	BND001	Butter	8 / 595 g	6.35	47.77							
	CO	BND002	Natural	8 / 510 g	6.35	47.77							

### BARBARA'S BAKERY

*Flavour. Variety. All-natural goodness. Products made without preservatives, artificial ingredients, hydrogenated oils or refined white sugar.*

*That's what you get with every Barbara's Bakery product. For more information visit [www.barbarasbakery.com](http://www.barbarasbakery.com)*

**Nature's Choice Cereal Bars**

	KW	BRB026	Blueberry	8 / 220 g	4.01	28.58							
	KW	BRB025	Raspberry	8 / 220 g	4.01	28.58							
	KW	BRB027	Triple Berry	8 / 220 g	4.01	28.58							

**Fig Bars**

	K	BRB015	Blueberry	6 / 336 g	4.55	24.32							
	K	BRB010	Multigrain	6 / 336 g	4.55	24.32							
	K	BRB011	Raspberry	6 / 336 g	4.55	24.32							
	K	BRB017	Whole Wheat	6 / 340 g	4.55	24.32							

**Baked Cheez Puffs**

H	K	BRB052	Original Bakes	12 / 155 g	2.92	31.26					20%	2.34	25.01
H	K	BRB053	White Cheddar Bakes	12 / 155 g	2.92	31.26					20%	25.01	

**Cheez Puffs**

H	K	BRB051	Jalapeño	12 / 198 g	2.92	31.26					20%	2.34	25.01
H	K	BRB050	Original	12 / 198 g	2.92	31.26					20%	2.34	25.01

**Cereals**

	K	BRB084	Cinnamon Puffins	12 / 285 g	4.22	43.93				20%	3.38	35.14	
	K	BRB091	Original Puffins	12 / 285 g	4.22	43.93				20%	3.38	35.14	
	K	CER089	Peanut Butter Puffins	12 / 312 g	3.86	41.27				20%	3.09	33.02	
	K	BRB081	Bite Size Shredded Oats	12 / 400 g	3.86	41.27				20%	3.09	33.02	
	K	BRB080	Shredded Spoonfuls	12 / 397 g	3.86	41.27				20%	3.09	33.02	

### BEANITOS

*Loaded with 5 grams of non-GMO vegetable fiber, 4 grams of protein, always free of corn, gluten, wheat, soy, potato and trans-fats.*

*Certified Kosher, verified non-GMO. For more information visit: [www.beanitos.com](http://www.beanitos.com)*

**January Line Drive**

**Bean Chips - Full Cases Only**

H	KGW	BEA001	Black Bean	9 / 170 g		30.24					15%	25.70	
H	KGW	BEA002	Pinto Bean & Flax	9 / 170 g		30.24					15%	25.70	
H	KGW	BEA003	Black Bean, Chipotle BBQ	9 / 170 g		30.24					15%	25.70	
H	KGW	BEA004	Pinto Bean & Flax, Cheddar	9 / 170 g		30.24					15%	25.70	

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### BELSOY

*A Belgian company producing organic soy foods from a traditional variety of soya that has not been genetically modified.*

*Sourced directly from farmers in Canada, China and in Brazil, but not in the Amazon rainforest. For more information visit [www.belsoy.ca](http://www.belsoy.ca)*

#### Creamy Soy Preparation, Organic

co	BLY100	Creamy Soy Preparation	15 / 250 ml	2.13	29.06								
----	--------	------------------------	-------------	------	-------	--	--	--	--	--	--	--	--

#### Gluten-free Soy pudding 4-pack (made in a nut-free facility)

CDGfK	BLY053	Creamy Caramel	6 / 500 g	3.96	21.48								
-------	--------	----------------	-----------	------	-------	--	--	--	--	--	--	--	--

CDGfK	BLY054	Creamy Dark Chocolate	6 / 500 g	3.96	21.48								
-------	--------	-----------------------	-----------	------	-------	--	--	--	--	--	--	--	--

#### Soy Pudding, Organic - UHT Tubs - Single Serve 4-Packs

co	BLY050	Chocolate	6 / 500 g	3.95	21.55								
----	--------	-----------	-----------	------	-------	--	--	--	--	--	--	--	--

co	BLY051	Vanilla	6 / 500 g	3.95	21.55								
----	--------	---------	-----------	------	-------	--	--	--	--	--	--	--	--

### BIO-VERT

*BioVert offers exceptionally high quality environment friendly products. No dyes or preservatives. Biodegradable. No animal testing is performed on any of our products. Fragrance-free detergent, suitable for babies For more information visit [www.bio-vert.com/en](http://www.bio-vert.com/en)*

#### Liquid Hand Soap - free of dyes and chemical preservatives

H	BC	BVR100 Orange Cantaloup	12 / 300 ml	5.52	60.30			10%	4.97	54.27			
---	----	-------------------------	-------------	------	-------	--	--	-----	------	-------	--	--	--

H	BC	<b>BVR101 Sea Breeze - New</b>	12 / 300 ml	5.03	60.30			20%	4.02	48.24	20%	4.02	48.24
---	----	--------------------------------	-------------	------	-------	--	--	-----	------	-------	-----	------	-------

H	BC	<b>BVR102 Orange/Cantaloup Refill - New</b>	4 / 2 L	15.69	62.75			20%	12.55	50.20	20%	12.55	50.20
---	----	---	---------	-------	-------	--	--	-----	-------	-------	-----	-------	-------

#### Automatic Dishwashing Products - free of chlorine & phosphates

H	BC	BVR019 All In One Dishwasher Tabs	5 / 50 ct	12.08	54.96						10%	10.87	49.46
---	----	-----------------------------------	-----------	-------	-------	--	--	--	--	--	-----	-------	-------

H	BC	BVR018 Dishwasher Tabs, Fresh-lemon	6 / 30 ct	8.17	44.59						10%	7.35	40.13
---	----	-------------------------------------	-----------	------	-------	--	--	--	--	--	-----	------	-------

H	BC	BVR008 Dishwasher Gel, Citrus-power	6 / 1.1 L	7.67	41.86						10%	6.90	37.67
---	----	-------------------------------------	-----------	------	-------	--	--	--	--	--	-----	------	-------

#### Dishwashing Liquid

H	BC	BVR009 Dish Liquid, Green Apple	12 / 700 ml	3.86	42.13						10%	3.47	37.92
---	----	---------------------------------	-------------	------	-------	--	--	--	--	--	-----	------	-------

H	BC	BVR010 Dish Liquid, Citrus	12 / 700 ml	3.85	42.03						10%	3.47	37.83
---	----	----------------------------	-------------	------	-------	--	--	--	--	--	-----	------	-------

H	BC	BVR011 Dish Liquid, Citrus	4 / 3.7 L	13.84	50.39						10%	12.46	45.35
---	----	----------------------------	-----------	-------	-------	--	--	--	--	--	-----	-------	-------

H	BC	BVR012 Dish Liquid, Citrus	2 / 10 L	27.85	50.71						10%	25.07	45.64
---	----	----------------------------	----------	-------	-------	--	--	--	--	--	-----	-------	-------

#### Household Biological Cleaners, Biodegrades in 6 days

H	BC	BVR020 All Purpose Cleaner	12 / 950 ml	4.52	49.37			10%	4.07	44.43			
---	----	----------------------------	-------------	------	-------	--	--	-----	------	-------	--	--	--

H	BC	BVR022 Bathroom Cleaner	12 / 950 ml	4.52	49.37			10%	4.07	44.43			
---	----	-------------------------	-------------	------	-------	--	--	-----	------	-------	--	--	--

H	BC	BVR023 Window / Glass Cleaner	12 / 950 ml	4.52	49.37			10%	4.07	44.43			
---	----	-------------------------------	-------------	------	-------	--	--	-----	------	-------	--	--	--

#### Bleach & Stain Remover, Non-Chlorine

H	BC	BVR001 Stain Remover / Oxy Bleach, Sml	12 / 600 g	8.03	87.71			10%	7.23	78.94			
---	----	--	------------	------	-------	--	--	-----	------	-------	--	--	--

#### Laundry Detergent, Liquid

H	BC	BVR062 Laundry Detergent 36 lds	6 / 1.8 L	7.91	43.21			10%	7.12	38.89			
---	----	---------------------------------	-----------	------	-------	--	--	-----	------	-------	--	--	--

H	BC	BVR051 Laundry Det., Morning Dew 75 lds	4 / 3.7 L	14.02	51.04								
---	----	---	-----------	-------	-------	--	--	--	--	--	--	--	--

H	BC	BVR052 Laundry Det., Morning Dew 200 lds	2 / 10 L	32.05	58.36								
---	----	--	----------	-------	-------	--	--	--	--	--	--	--	--

#### HE Compatible Laundry Detergent, Liquid - works in all machine types

H	BC	BVR064 HE Fragrance-free 36 lds	6 / 1.8 L	7.91	43.21			10%	7.12	38.89			
---	----	---------------------------------	-----------	------	-------	--	--	-----	------	-------	--	--	--

H	BC	BVR056 HE Laundry Det., Fragrance-free 75 lds	4 / 3.7 L	14.02	51.04								
---	----	---	-----------	-------	-------	--	--	--	--	--	--	--	--

#### HE Laundry Detergent, Liquid

H	BC	BVR063 HE Laundry Det 36 lds	6 / 1.8 L	7.91	43.21			10%	7.12	38.89			
---	----	------------------------------	-----------	------	-------	--	--	-----	------	-------	--	--	--

H	BC	BVR057 HE Laundry Det., Fresh Cotton 75 lds	4 / 3.7 L	14.02	51.04								
---	----	---	-----------	-------	-------	--	--	--	--	--	--	--	--

#### Laundry, Fabric Softener

H	BC	BVR065 Fabric Softener	6 / 1.8 L	6.47	35.30			10%	5.82	31.77			
---	----	------------------------	-----------	------	-------	--	--	-----	------	-------	--	--	--

H	BC	BVR071 Fabric Softener	4 / 3.7 L	12.41	45.17								
---	----	------------------------	-----------	-------	-------	--	--	--	--	--	--	--	--

H	BC	BVR072 Fabric Softener	2 / 10 L	29.96	54.54						10%	26.96	49.09
---	----	------------------------	----------	-------	-------	--	--	--	--	--	-----	-------	-------

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.  
Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### BLACK RIVER JUICE

*Juices bottled in Mississauga custom pressed the old fashioned way on a rack and cloth press. No chemical preservatives, not filtered or clarified. \* pure, one variety \*\* from concentrate For more information visit [www.blackriverjuice.com](http://www.blackriverjuice.com)*

#### Maple Syrup - Singles Available

c	BRJ203	Maple Syrup, #3 Dark - New	6 / 1.89 L	47.32	262.69								
c	BRJ200	Maple Syrup - New	12 / 250 ml	6.27	75.23								
c	BRJ201	Maple Syrup - New	12 / 500 ml	11.45	137.32								
c	BRJ202	Maple Syrup, #3 Dark, 35 lbs	1 / 15.87 kg	238.51			Special Order						

#### • Juice, 300-480 ml - Full Cases Only

##### Pure Juice 300 ml - Full Cases Only

NS	c	BRJ001	Orange	24 / 300 ml	24.36								
NS	c	BRJ002	Grapefruit	24 / 300 ml	25.80								
NS	c	BRJ003	Apple *	24 / 300 ml	25.80								
NS	c	BRJ004	Bartlett Pear *	24 / 300 ml	32.96								
NS	c	BRJ015	Concord Grape **	24 / 300 ml	32.96								

##### Organic Pure Apple Juice - Full Cases Only

NS	co	BRJ014	Apple *	24 / 300 ml	34.39								
NS	co	BRJ063	Apple	12 / 480 ml	24.18								

##### Juice Blends 300 ml - Full Cases Only

NS	c	BRJ012	Raspberry	24 / 300 ml	32.96								
NS	c	BRJ009	Mango	24 / 300 ml	32.96								
NS	c	BRJ005	Black Currant	24 / 300 ml	32.96								
NS	c	BRJ011	Pink Guava	24 / 300 ml	32.96								
NS	c	BRJ006	Cranberry	24 / 300 ml	32.96								
NS	c	BRJ017	Pomegranate	24 / 300 ml	34.39								

##### Pure Juice - Full Cases Only

NS	c	BRJ060	100% Cranberry	12 / 480 ml	53.74								
NS	c	BRJ050	100% Black Currant	12 / 480 ml	53.74								

##### Organic Cranberry Juice - Full Cases Only

NS	co	BRJ062	Cranberry	12 / 480 ml	71.65								
----	----	--------	-----------	-------------	-------	--	--	--	--	--	--	--	--

#### • Juice, Quarts & Frozen Concentrate

##### Organic Pure Juice

NS	co	BRJ089	Apple Juice **	12 / 946 ml	3.23	35.83							
NS	co	BRJ024	Apple *	12 / 946 ml	4.04	44.78							
NS	co	BRJ090	Concord Grape Juice *	12 / 946 ml	5.65	62.69							

##### Organic Pure Cranberry Juice

NS	co	BRJ088	Cranberry	12 / 946 ml	12.91	143.29							
----	----	--------	-----------	-------------	-------	--------	--	--	--	--	--	--	--

##### Pure Cranberry Juice

NS	c	BRJ061	100% Cranberry	12 / 946 ml	9.68	107.47							
----	---	--------	----------------	-------------	------	--------	--	--	--	--	--	--	--

##### Pure Juice

NS	c	BRJ049	Peach 'n Apricot Juice	12 / 946 ml	3.63	40.30							
NS	c	BRJ020	Orange	12 / 946 ml	2.92	32.33							
NS	c	BRJ021	Apple *	12 / 946 ml	3.02	33.44							
NS	c	BRJ023	Pineapple	12 / 946 ml	3.23	35.83							
NS	c	BRJ026	Bartlett Pear *	12 / 946 ml	3.63	40.30							
NS	c	BRJ025	Apple / Strawberry *	12 / 946 ml	3.63	40.30							
NS	c	BRJ037	Concord Grape *	12 / 946 ml	4.84	53.74							
NS	c	BRJ032	Montmorency Cherry *	12 / 946 ml	4.84	53.74							
NS	c	BRJ018	Black Cherry Juice *	12 / 946 ml	4.84	53.74							
NS	c	BRJ102	100% Pomegranate **	12 / 946 ml	7.26	80.60							
NS	c	BRJ019	Blueberry *	12 / 946 ml	12.10	134.33							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.  
Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### Juice Blends

NS	C	BRJ036	Raspberry Nectar	12 / 946 ml	3.63	40.30							
NS	C	BRJ034	Pink Guava Nectar	12 / 946 ml	3.63	40.30							
NS	C	BRJ031	Mango Nectar	12 / 946 ml	3.63	40.30							
NS	C	BRJ028	Cranberry Nectar	12 / 946 ml	3.63	40.30							
NS	C	BRJ027	Black Currant Nectar	12 / 946 ml	3.63	40.30							
NS	C	BRJ035	California Prune Nectar	12 / 946 ml	4.04	44.78							

### Frozen Juice

NS	F	C	BRJ083	100% Cranberry, Unpasteurized	12 / 400 ml	5.60	62.09						
----	---	---	--------	-------------------------------	-------------	------	-------	--	--	--	--	--	--

## BLUE DIAMOND

*Almond Breeze beverage is made from real whole almonds. Nut Thins are loaded with nutritious delicious nuts.*

For more information visit [www.bluediamond.com](http://www.bluediamond.com)

### Almond Breeze, Gluten-free UHT Almond Milk - Full Cases Only

NS	GfKW	BLD008	Unsweetened Chocolate	12 / 946 ml		27.92							
NS	GfKW	BLD006	Unsweetened	12 / 946 ml		27.92							
NS	GfKW	BLD007	Unsweetened Vanilla	12 / 946 ml		27.92							
NS	GfKW	BLD001	Chocolate	12 / 946 ml		27.92							
NS	GfKW	BLD002	Original	12 / 946 ml		27.92							
NS	GfKW	BLD003	Vanilla	12 / 946 ml		27.92							
NS	DGf	BLD011	Unsweetened Vanilla	8 / 1.89 L		35.41							
NS	GfKW	BLD009	Original, Large	8 / 1.89 L		35.41							
NS	GfKW	BLD010	Unsweetened, Large	8 / 1.89 L		35.41							

### Nut Thins, Wheat-Free, Gluten-Free

GfKW	BLD050	Almond	12 / 120 g	3.01	31.62								
GfKW	BLD051	Cheddar Cheese	12 / 120 g	3.01	31.62								
GfKW	BLD052	Country Ranch - Disco'd	12 / 120 g	3.01	31.62								
GfKW	BLD053	Pecan	12 / 120 g	3.01	31.62								
GfKW	BLD054	Smokehouse	12 / 120 g	3.01	31.62								

## BLUE MONKEY - NEW

*100% coconut water from young coconuts sustainably sourced and harvested year round in South East Asia - particularly the Philippines, Indonesia and Thailand. No preservatives, no added sugar, from young coconuts. For more information visit [www.bluemonkeydrinks.com](http://www.bluemonkeydrinks.com)*

### January / February Line Drive

#### Coconut Water - Full Cases Only

H	Gf	BLM001	Coconut - New	24 / 330 ml		38.48					15%	32.71	15%	32.71
H	Gf	BLM002	Coconut w/ Pulp - New	24 / 520 ml		48.21					15%	40.98	15%	40.98
H	Gf	BLM003	Coconut - New	24 / 520 ml		48.21					15%	40.98	15%	40.98

## BLUE SKY

*Blue Sky's All Natural Soda is delicious and health-conscious, quality-rich products contain no artificial color, flavors, or preservatives.*

For more information visit [www.drinkbluesky.com](http://www.drinkbluesky.com)

### February Line Drive

#### Natural Soda - Full Cases Only

H,NS	POP203	Cherry Vanilla Creme	24 / 354 ml		15.38						20%		12.30
H,NS	POP208	Ginger Ale, Jamaican Style	24 / 354 ml		15.38						20%		12.30
H,NS	POP200	Natural Cola	24 / 354 ml		15.38						20%		12.30
H,NS	POP201	Root Beer	24 / 354 ml		15.38						20%		12.30

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.  
Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### BOMBAY DINE

*Locally produced natural and organic products. For more information visit [www.bombaydine.com](http://www.bombaydine.com)*

#### Beans, Organic

co	BOM027	Black Beans	12 / 540 ml	2.43	26.50								
co	BOM021	Chickpeas	12 / 540 ml	2.43	26.50								
co	BOM022	Kidney Beans	12 / 540 ml	2.43	26.50								
co	BOM026	Lentils	12 / 540 ml	2.43	26.50								
co	BOM030	Adzuki Beans	12 / 540 ml	2.43	26.50								
co	BOM025	Mixed Beans	12 / 540 ml	2.43	26.50								
co	BOM023	Mung Beans	12 / 540 ml	2.43	26.50								
co	BOM029	Navy Beans	12 / 540 ml	2.43	26.50								
co	BOM028	Pinto Beans	12 / 540 ml	2.43	26.50								

### BOTTLE GREEN

*These beverages are truly old-fashioned Sodas, using real fruit. Our emphasis is on producing high quality, delicious beverages with all natural ingredients to appeal to adults and children alike. For more information visit [www.bottle-green.com](http://www.bottle-green.com)*

#### Sparkling Juice - Pressé - single serve - Full Cases Only

H,NS	c	BGR034	Orange & Mango	12 / 275 ml		20.98							
H,NS	c	BGR035	Cox's Apple	12 / 275 ml		20.98							
H,NS	c	BGR030	Elderflower	12 / 275 ml		20.98							
H,NS	c	BGR031	Lemongrass	12 / 275 ml		20.98							
H,NS	c	BGR032	Cranberry & Orange	12 / 275 ml		20.98							
H,NS	c	BGR033	Pomegranate & Elderflower	12 / 275 ml		20.98							

#### Fruit Soda, Organic - Full Cases Only

H,NS	co	BGR110	Cranberry Blueberry	12 / 355 ml		21.38							
H,NS	co	BGR111	Cranberry Raspberry	12 / 355 ml		21.38							
H,NS	co	BGR112	Cherry	12 / 355 ml		21.38							
H,NS	co	BGR113	Lemon Lime	12 / 355 ml		21.38							

#### Sparkling Juice - Pressé, Twin Pack - Full Cases Only

H,NS	c	BGR024	Cox Apple & Elderflower	3 / 2x750 ml		22.39							
------	---	--------	-------------------------	--------------	--	-------	--	--	--	--	--	--	--

#### Sparkling Juice - Pressé - 750 ml Bottles

H,NS	c	BGR020	Elderflower	6 / 750 ml	3.92	21.41							
H,NS	c	BGR021	Lemongrass Spring	6 / 750 ml	3.92	21.41							
H,NS	c	BGR022	Cranberry & Orange	6 / 750 ml	3.92	21.41							
H,NS	c	BGR023	Pomegranate & Elderflower	6 / 750 ml	3.92	21.41							

### BRAGG

*Liquid soy seasoning made from third party certified, non-GMO, soybeans, not fermented or heated and gluten-free. Apple cider vinegar is made from fresh, crushed, organically grown apples and allowed to mature in wooden barrels. For more information visit [www.bragg.com](http://www.bragg.com)*

#### Liquid Soy Seasoning (was Liquid Aminos), Gluten-free, all Natural, non-GMO. A healthy replacement for Tamari and Soy Sauce.

GfK	BGG001	Liquid Soy Seasoning	12 / 473 ml	5.19	54.21								
GfK	BGG002	Liquid Soy Seasoning	12 / 946 ml	8.43	88.11						20%	6.74	70.49
GfK	BGG003	Liquid Aminos (Soy Seasoning)	4 / 3.79 L	31.51	109.77								

#### Raw Unfiltered Apple Cider Vinegar, Organic

KO	BGG101	Raw Unfiltered Apple Cider Vinegar	12 / 473 ml	3.80	39.70								
KO	BGG102	Raw Unfiltered Apple Cider Vinegar	12 / 946 ml	6.20	64.78						20%	4.96	51.82
KO	BGG103	Raw Unfiltered Apple Cider Vinegar	4 / 3.79 L	19.65	68.44								

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### BUBBIES OF SAN FRANCISCO

All natural, hand made Kosher Dills have always aroused the passions of those lucky enough to taste them. Today, her special blend of spices and painstaking process. Please Keep Refrigerated. For more information visit [www.bubbies.com](http://www.bubbies.com)

#### Natural Condiments

R	K	BUB001	Dill Pickles (Kosher Dills)	12 / 1 L	4.06	44.98					20%	3.25	35.98
R	K	BUB002	Bread 'n' Butter Pickles	12 / 1 L	4.06	44.98					20%	3.25	35.98
R	K	BUB003	Sauerkraut	12 / 750 ml	4.06	44.98							
R	K	BUB102	Prepared Horseradish	12 / 250 ml	2.29	25.34							
R	K	BUB103	Beet Horseradish	12 / 250 ml	2.29	25.34							
R	K	BUB101	Pickled Herring in Wine Marinade	12 / 320 g	5.25	58.20					20%	4.20	46.56
R	K	BUB105	Pure Kosher Dill Relish	12 / 500 ml	2.73	30.30							

### CAMEL HALVAH

Camel bars: 100% natural halvah, sweetened with malted barley syrup. No granulated sugar or hydrogenated oils.

For more information visit [www.noblefoods.com](http://www.noblefoods.com)

#### February Line Drive

#### Camel Halvah Bars, All Natural Sesame - Full Cases Only

H		CAM001	Chocolate Coated	20 / 85 g		29.05					15%		24.69
H		CAM002	Chocolate	20 / 85 g		29.05					15%		24.69
H		CAM003	Deluxe	20 / 85 g		29.05					15%		24.69
H		CAM004	Marble	20 / 85 g		29.05					15%		24.69
H		CAM005	Pistachio	20 / 85 g		29.05					15%		24.69
H		CAM006	Vanilla	20 / 85 g		29.05					15%		24.69

### CAMINO

La Siembra Co-operative, based in an Ottawa, produces a line of premium 100% fair trade organic chocolate, coffee, coconut and sugar.

For more information visit [www.lasiembra.com/camino](http://www.lasiembra.com/camino)

#### • Juice Blends & Beverages - Full Cases Only

##### Org. FT 100% Juice Blends - Single Serve

COT	COC507	Tropical	8 / 4x200 ml		25.48						10%		22.93
COT	COC505	Mango	8 / 4x200 ml		25.48						10%		22.93
COT	COC506	Orange Mango	8 / 4x200 ml		25.48						10%		22.93

##### Organic Fair-trade 100% Juice Blends

COT	COC504	Guava Juice	12 / 946 ml		37.11						10%		33.40
COT	COC500	Mango Juice	12 / 946 ml		37.11						10%		33.40
COT	COC501	Orange Mango Juice	12 / 946 ml		37.11						10%		33.40
COT	COC502	Tropical Juice	12 / 946 ml		37.11						10%		33.40

##### Organic Fair-trade Limeade

COT	COC503	Limeade	12 / 946 ml		28.25						10%		25.43
-----	--------	---------	-------------	--	-------	--	--	--	--	--	-----	--	-------

#### • Treats - New

##### Dark Chocolate Covered Coffee & Cocoa Beans - New

CKOT	COC036	Cacao Beans - New	12 / 100 g	4.53	49.44			15%	3.85	42.02	15%	3.85	42.02
CKOT	COC038	Coffee Beans - New	12 / 100 g	4.53	49.44			15%	3.85	42.02	15%	3.85	42.02

##### Cocoa Nibs - New

CKOT	COC037	Cacao Nibs - New	12 / 100 g	4.53	49.44			15%	3.85	42.02	15%	3.85	42.02
------	--------	------------------	------------	------	-------	--	--	-----	------	-------	-----	------	-------

#### • Chocolate Bars

##### Snack-Size Milk Chocolate Bars - Full Case Only

H	COT	COC050	Milk w/ Caramel & Peanuts	20 / 34 g		21.80							
H	COT	COC051	Milk w/ Hazelnut Butter	20 / 32 g		21.80							
H	COT	COC052	Milk w/ Puffed Rice & Quinoa	20 / 27 g		21.80							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b><u>Snack-Size Dark Chocolate Bars - Full Case Only</u></b>													
H	CKOT	COC047	Dark w/ Peanut Butter 55%	20 / 32 g		21.80							
H	CKOT	COC048	Dark w/ Almond Butter 55%	20 / 32 g		21.80							
H	CKOT	COC049	Dark w/ Almond & Raisin 55%	20 / 32 g		21.80							
<b><u>Chocolate Bars, Organic</u></b>													
H	CKOT	COC044	Panama Extra Dark 80%	12 / 100 g	3.78	41.20					10%	3.40	37.08
H	CKOT	COC045	Milk w/ Sea Salt 38%	12 / 100 g	3.78	41.20					10%	3.40	37.08
H	CKOT	COC046	Dark w/Raspberries 65%	12 / 100 g	3.78	41.20					10%	3.40	37.08
H	CKOT	COC111	Dark Bittersweet 71%	12 / 100 g	3.78	41.20					10%	3.40	37.08
H	CKOT	COC115	Dark Mint 67%	12 / 100 g	3.78	41.20					10%	3.40	37.08
H	CKOT	COC109	Dark Coconut 65%	12 / 100 g	3.78	41.21					10%	3.40	37.09
H	CKOT	COC117	Dark Orange 65%	12 / 100 g	3.78	41.20					10%	3.40	37.08
H	CKOT	COC114	Dark 55%	12 / 100 g	3.78	41.20					10%	3.40	37.08
H	CKOT	COC112	Dark w/ Almonds 55%	12 / 100 g	3.78	41.20					10%	3.40	37.08
H	CKOT	COC108	Dark w/ Caramel Crunch 55%	12 / 100 g	3.78	41.21					10%	3.40	37.09
H	CKOT	COC116	Dark 55% Espresso 55%	12 / 100 g	3.78	41.20					10%	3.40	37.08
H	CKOT	COC110	Milk 38%	12 / 100 g	3.78	41.20					10%	3.40	37.08
<b><u>Mini Bars Dispenser, 200 mini-bars, 4.5 g each, Organic</u></b>													
H	CKOT	COC250	Dark Mini-bars 55%	6 / 200 ct	52.47	305.38							
<b>• Coffee &amp; Hot Chocolate</b>													
<b><u>Whole Bean Coffee, Organic</u></b>													
	CKOT	COC400	Dark Roast	6 / 454 g	12.68	69.05					10%	11.41	62.15
	CKOT	COC402	Med Roast, Peru	6 / 454 g	12.68	69.05					10%	11.41	62.15
	CKOT	COC404	Espresso	6 / 454 g	12.68	69.05					10%	11.41	62.15
<b><u>Ground Coffee, Organic</u></b>													
	CKOT	COC401	Dark Roast	6 / 227 g	7.14	38.87					10%	6.43	34.98
	CKOT	COC403	Med Roast, Peru	6 / 227 g	7.14	38.87					10%	6.43	34.98
	CKOT	COC405	Decaf, Peru	6 / 227 g	7.92	43.11					10%	7.13	38.80
<b><u>Hot Chocolate, Organic</u></b>													
	CKOT	COC005	Milk Hot Chocolate	6 / 336 g	6.51	35.56		10%	5.86	32.00			
	CKOT	COC006	Dark Hot Chocolate	6 / 336 g	6.51	35.56		10%	5.86	32.00			
	CKOT	COC121	Drinking Chocolate 57% Cocoa	6 / 275 g	6.51	35.56		10%	5.86	32.00			
	CKOT	COC120	Chili & Spice	6 / 275 g	6.51	35.56		10%	5.86	32.00			
<b><u>Hot Chocolate, Organic 28 gram pouches</u></b>													
	CKOT	COC151	Dark Hot Chocolate Display Box	6 / 15 ct	11.73	64.03							
	CKOT	COC150	Milk Hot Chocolate Display Box	6 / 15 ct	11.73	64.03							
	CKOT	COC008	Dark Hot Chocolate - BULK PACK	1 / 100 ct	55.23								
	CKOT	COC007	Milk Hot Chocolate - BULK PACK	1 / 100 ct	55.23								
<b>• Cuisine Camino Baking Line</b>													
<b><u>Cocoa Powder, Low-Fat, Organic</u></b>													
	CKOT	COC002	Cocoa Powder	6 / 224 g	6.51	35.56							
<b><u>Chocolate Chips, Organic - display case</u></b>													
	COT	COC026	Milk Chocolate	8 / 8x225 g	4.76	34.63							
	CKOT	COC019	Semi-Sweet 55%	8 / 225 g	4.76	34.63							
	CKOT	COC025	Bittersweet 71%	8 / 225 g	4.76	34.63							
<b><u>Baking Chocolate - 200 g bars, Organic - display case</u></b>													
	CKOT	COC022	Unsweetened 100%	10 / 200 g	6.14	55.83							
	CKOT	COC023	Bittersweet 71%	10 / 200 g	6.14	55.83							
	CKOT	COC024	Semi-Sweet 55%	10 / 200 g	6.14	55.83							
<b><u>Coconut, unsweetened shredded</u></b>													
	CKOT	COC009	Coconut, unsweetened	8 / 200 g	3.09	22.45							
<b><u>Cane Sugar, Organic - display case</u></b>													
	CKOT	COC029	Brown (Muscovado)	8 / 1 kg	6.19	45.02							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

**Cane Sugar, Organic**

CKOT		COC028	Golden (Turbinado)	8 / 1 kg	5.89	42.87							
CKOT		COC035	Golden (Turbinado)	6 / 454 g	3.37	18.36							

**• BULK**

**Hot Chocolate, Sugar, Cocoa Powder & BULK**

CKOT		COC034	Hot Chocolate, Dark	2 / 5 kg	64.62	125.38							
CKOT		COC032	Hot Chocolate, Milk	2 / 5 kg	68.86	125.38							
CKOT		COC200	Sugar Packets, Cane	1 / 1000 ct	23.87								
CKOT		COC031	Sugar, Golden (Turbinado)	2 / 5 kg	29.51	53.74							
CKOT		COC030	Sugar, Cane	1 / 25 kg	80.60								
CKOT		COC033	Cocoa Powder	1 / 5 kg	97.77								
CKOT		COC298	<b>Cocoa Powder, Peruvian</b>	1 / 25 kg	359.71								

**Organic Chocolate, BULK**

CKOT		COC021	Chips Semi-Sweet 55%	1 / 10 kg	164.93								
CKOT		COC304	Peruvian Chips, bittersweet 71%	1 / 10 kg	178.36								

**Organic Couverture Chocolate Bars, BULK**

CKOT		COC305	Peruvian Bars, bittersweet 71%	1 / 10 kg	188.81								
CKOT		COC306	Peruvian Bars, semi-sweet 56%	1 / 10 kg	178.36								
CKOT		COC300	Couverture, bittersweet 70%	1 / 10 kg	214.18								

### CANADIAN HERITAGE ORGANICS

*Organic & Kosher certified Maple syrup produced in the Appalachian Mountain region of Quebec. Absolutely no artificial additives, coloring, preservatives or chemicals added during any part of the processing. For more information visit [www.belandorganicfoods.com](http://www.belandorganicfoods.com)*

**Hard Maple Candies, individually wrapped**

H	CO	CNH031	Maple Candy, BULK, 1000 ct	1 / 5 kg	148.60								
H	CO	CNH030	Maple Candy, retail pack	18 / 100 g	4.61	75.50							

**Maple Sugar & Butter, Organic**

CKO		CNH050	Maple Butter	12 / 160 g	6.26	68.35							
CKO		CNH025	Maple Sugar	12 / 250 g	10.66	116.36							

**Medium Maple Syrup in Glass, Organic (No 1, Grade B)**

CKO		CNH001	Medium Maple Syrup	12 / 250 ml	7.16	78.12							
CKO		CNH002	Medium Maple Syrup	12 / 500 ml	13.92	152.05							
CKO		CNH003	Medium Maple Syrup	12 / 1 L	27.49	300.27							

**Amber Maple Syrup in Glass, Organic (No 2, Grade C)**

CKO		CNH010	Amber Maple Syrup	12 / 250 ml	7.16	78.12							
CKO		CNH011	Amber Maple Syrup	12 / 500 ml	13.92	152.05							
CKO		CNH012	Amber Maple Syrup	12 / 1 L	27.49	300.27							

**Dark Maple Syrup in Glass, Organic (#3)**

CKO		CNH015	Dark Maple Syrup	12 / 500 ml	13.92	152.05							
CKO		CNH016	Dark Maple Syrup	12 / 1 L	27.49	300.27							

**Amber Maple Syrup, Organic - BULK**

CKO		CNH013	Amber, in carton w/ pour-tap	1 / 10 L	209.37								
-----	--	--------	------------------------------	----------	--------	--	--	--	--	--	--	--	--

### CASABI ORGANICS

*A crispy delicious cracker made from 100% organic cassava (yuca). Free of the top 100% most common allergens. Celiac and vegan friendly. For more information visit [www.casabiorganics.com](http://www.casabiorganics.com)*

**Organic Gluten-free Crackers made from Cassava (Yuca)**

GROW		CBI001	Original - Disco'd	12 / 120 g	3.34	40.00	- Disco'd						
------	--	--------	--------------------	------------	------	-------	-----------	--	--	--	--	--	--

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.  
Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

## CASBAH

*Fast and versatile vegetarian entrée & side dish mixes. For more information visit [www.casbahnaturalfoods.com](http://www.casbahnaturalfoods.com)*

### February Line Drive

#### Pilaf

		CSB102	Lentil Pilaf	12 / 198 g	3.31	36.10					15%	2.81	30.69
		CSB103	Nutted Pilaf	12 / 198 g	3.31	36.10					15%	2.81	30.69
		CSB100	Rice Pilaf	12 / 198 g	3.31	36.10					15%	2.81	30.69
		CSB101	Spanish Pilaf	12 / 198 g	3.31	36.10					15%	2.81	30.69

#### Mixes

		CSB002	Falafel Mix	12 / 284 g	3.31	36.10					15%	2.81	30.69
		CSB003	Hummus Mix	12 / 170 g	3.31	36.10					15%	2.81	30.69
		CSB001	Tabouli Mix	12 / 170 g	3.31	36.10					15%	2.81	30.69

#### Couscous

		CSB200	Original	12 / 340 g	3.31	36.10					15%	2.81	30.69
	o	CSB201	Original, Whole Wheat, Organic	12 / 283 g	3.31	36.10					15%	2.81	30.69
	o	CSB202	Nutted Currants and Mild Spice	12 / 198 g	3.31	36.10					15%	2.81	30.69
	o	CSB203	Roasted Garlic and Olive	12 / 127 g	3.31	36.10					15%	2.81	30.69
	o	CSB204	Wild Forest Mushroom	12 / 184 g	3.31	36.10					15%	2.81	30.69
		CSB205	Lemon Spinach	12 / 170 g	3.31	36.10					15%	2.81	30.69

#### Organic Grains

	o	CSB110	Quinoa	12 / 225 g	3.31	36.10					15%	2.81	30.69
--	---	--------	--------	------------	------	-------	--	--	--	--	-----	------	-------

## CASCADES TISSUE GROUP -- Available in Manitoba/Ontario/Maritimes

*Helps to preserve almost 47 million trees each year and wants environmental protection to become a way of living, thinking and managing. 100% recycled Canadian paper products. For more information visit [www.cascades.com](http://www.cascades.com)*

#### Enviro Ultra 2-ply Bathroom Tissue

H	CK	CDS110	Double-roll, 280 sheets	24 / 4 ct	2.99	65.25							
---	----	--------	-------------------------	-----------	------	-------	--	--	--	--	--	--	--

#### Enviro Enviro Premium 2-ply Bathroom Tissue - Revised Descriptions

H	CK	CDS106	Single-roll, 135 sheets	4 / 24 ct	9.08	33.05							
---	----	--------	-------------------------	-----------	------	-------	--	--	--	--	--	--	--

#### Bath Tissue Enviro Ultra 2-ply

H	CK	CDS109	Double-roll, 176 sheet 12 ct	8 / 12 ct	8.90	64.77							
---	----	--------	------------------------------	-----------	------	-------	--	--	--	--	--	--	--

#### Enviro Premium 2-ply Bathroom Tissue

H	CK	CDS111	Double-roll, 270 sheet	4 / 24 ct	16.00	58.26							
H	CK	CDS108	Double-roll, Now 270 sheets	8 / 12 ct	8.90	64.77							

#### Facial Tissues

H	CK	CDS034	Pocket-pack Enviro 3-ply	30 / 8 ct	3.43	93.60							
H	CK	CDS030	Facial Tissue, 2-Ply	48 / 130 ct	1.23	53.41							

#### Napkins

H	CK	CDS036	White Napkins, 1-Ply	12 / 250 ct	3.91	42.66							
---	----	--------	----------------------	-------------	------	-------	--	--	--	--	--	--	--

#### Paper Towel Enviro Extreme

H	CK	CDS124	Jumbo Multi-size	8 / 6 ct	7.88	57.33							
H	CK	CDS125	Jumbo Multi-size	24 / 2 ct	2.66	57.93							

#### Enviro Premium 2-ply Multi-size Paper Towels

H	CK	CDS122	Jumbo Paper Towels, 102 sheets	8 / 6 ct	6.63	48.23							
---	----	--------	--------------------------------	----------	------	-------	--	--	--	--	--	--	--

## CELESTIAL SEASONINGS

*Our global suppliers are committed to meeting our strict standards for cleanliness, purity, freshness and flavor, and strive to provide ingredients that meet these requirements. For more information visit [www.celestialseasonings.com](http://www.celestialseasonings.com)*

#### African Red & Honeybush Tea (Caffeine-free)

		CEL128	Madagascar Vanilla Red	6 / 20 ct	3.32	18.10							
		CEL190	Moroccan Pomegranate Red	6 / 20 ct	3.32	18.10							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

**Herbal Tea (Caffeine-free)**

		CEL093	Sleepy Time Vanilla	6 / 20 ct	3.32	18.10							
		CEL160	Black Cherry Berry	6 / 20 ct	3.32	18.10							
		CEL161	Cinnamon Apple Spice	6 / 20 ct	3.32	18.10							
		CEL162	Cranberry Apple Zinger	6 / 20 ct	3.32	18.10							
		CEL164	Mandarin Orange Spice	6 / 20 ct	3.32	18.10							
		CEL165	Raspberry Zinger	6 / 20 ct	3.32	18.10							
		CEL168	Tension Tamer	6 / 20 ct	3.32	18.10							
		CEL170	Wild Berry Zinger	6 / 20 ct	3.32	18.10							
		CEL220	Acai Mango Zinger	6 / 20 ct	3.32	18.10							
		CEL002	Bengal Spice	12 / 20 ct	3.32	36.17							
		CEL003	Chamomile	12 / 20 ct	3.32	36.17							
		CEL005	Country Peach Passion	12 / 20 ct	3.32	36.17							
		CEL011	Lemon Zinger	12 / 20 ct	3.32	36.17							
		CEL016	Peppermint	12 / 20 ct	3.32	36.17							
		CEL020	Sleepytime	12 / 20 ct	3.32	36.17							
		CEL090	Sleepytime (40 ct)	6 / 40 ct	6.63	36.17							
		CEL060	Fruit Sampler	12 / 20 ct	3.32	36.17							
			<i>4ea: Black Cherry, Country Peach Passion, Cranberry Apple Zinger, Raspberry Zinger, Tangerine Orange Zinger</i>										
		CEL061	Herb Sampler	12 / 20 ct	3.32	36.17							
			<i>4ea: Lemon Zinger, Chamomile, Peppermint, Sleepytime, and Wild Berry Zinger</i>										

**Fusion - Mix of Green & White Tea**

		CEL042	Honey Lemon Ginseng Green	6 / 20 ct	3.32	18.10							
		CEL044	Decaf Mint Green	6 / 20 ct	3.32	18.10							
		CEL045	Decaf Mandarin Orchard	6 / 20 ct	3.32	18.10							

**Green & Black Tea Blends**

		CEL040	Authentic Green	6 / 20 ct	3.32	18.10							
		CEL065	Original India Spice	6 / 20 ct	3.32	18.10							
		CEL066	Original India Spice, Decaf	6 / 20 ct	3.32	18.10							
		CEL222	Morning Thunder	6 / 20 ct	3.32	18.10							

**Wellness Tea (Caffeine-free)**

		CEL094	Sleepytime Throat Tamer	6 / 20 ct	4.69	25.62							
		CEL095	Tummy Mint	6 / 20 ct	4.69	25.62							
		CEL071	Echinacea Complete Care	6 / 20 ct	4.69	25.62							
		CEL074	Sleepytime Extra	6 / 20 ct	4.69	25.62							

### LA CHAUDIÈRE

*Organic, animal rennet-free, lactose-free, cheese, made from raw milk except for mozzarella which is pasteurized. Visit: [www.belandorganicfoods.com](http://www.belandorganicfoods.com)*

\*L = Lactose-free

**Judicieux, 6% Cheese**

R	CO	JUD001	Judicieux, 6% MF, *L	20 / 200 g	5.46	99.41							
R	CO	JUD002	Judicieux, 6% MF, *L	12 / 340 g	8.84	96.54							
R	CO	JUD003	Judicieux, 6% MF, *L	2 / 2.27 kg	24.08	46.72							

**Organic Cheese 200g**

R	CO	CLF007	Gouda Cheese	20 / 200 g	6.45	117.32							
R	CO	CLF015	Swiss	20 / 200 g	6.25	113.74							
R	CO	CLF006	Mozzarella 17%	20 / 200 g	5.56	101.20							
R	CO	CLF001	Cheddar - Mild, 2 months	20 / 200 g	5.68	103.29							
R	CO	CLF002	Cheddar - Medium, 6 months	20 / 200 g	5.89	107.17							
R	CO	CLF003	Cheddar - Old, 12 months	20 / 200 g	6.07	110.45							
R	CO	CLF004	Cheddar - Extra Old, 18 months	20 / 200 g	6.30	114.63							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### Organic Cheese 340g

R	CO	CLF106	Mozzarella 17%	12 / 340 g	9.17	100.12							
R	CO	CLF114	Swiss	12 / 340 g	10.22	111.59							
R	CO	CLF100	Cheddar - Mild, 2 months	12 / 340 g	8.97	97.98							
R	CO	CLF101	Cheddar - Medium, 6 months	12 / 340 g	9.37	102.27							
R	CO	CLF102	Cheddar - Old, 12 months	12 / 340 g	9.78	106.75							
R	CO	CLF103	Cheddar - Extra Old, 18 months	12 / 340 g	10.14	110.69							

### Organic Cheese - BULK

R	CO	CLF306	Gouda Cheese	2 / 2.27 kg	60.21	116.83							
R	CO	CLF304	Swiss	2 / 2.27 kg	58.26	113.03							
R	CO	CLF305	Mozzarella 17%	2 / 2.27 kg	48.55	94.19							
R	CO	CLF300	Cheddar - Mild, 2 months	2 / 2.27 kg	52.67	102.19							
R	CO	CLF301	Cheddar - Medium, 6 months	2 / 2.27 kg	55.04	106.80							
R	CO	CLF302	Cheddar - Old, 12 months	2 / 2.27 kg	56.89	110.39							
R	CO	CLF303	Cheddar - Extra Old, 18 months	2 / 2.27 kg	58.64	113.78							

## CHOICE ORGANIC TEA

*Works closely with growers across the world to create organic teas with simple, pure ingredients, strict organic guidelines, and an ethics-driven Fair Trade philosophy. For more information, visit [www.choiceorganict teas.com](http://www.choiceorganict teas.com)*

### February Line Drive

#### White Tea, Organic / Fair Trade

OT	CHC154	White Peony (Chinese white tea)	6 / 16 ct	4.50	23.66						20%	3.60	18.93
----	--------	---------------------------------	-----------	------	-------	--	--	--	--	--	-----	------	-------

#### Herbal Tea (caffeine-free), Organic

OT	CHC102	Chamomile, Fair Trade	6 / 16 ct	4.50	23.66						20%	3.60	18.93
OT	CHC125	Rooibos (Red Bush) Tea, Fair Trade	6 / 16 ct	4.50	23.66						20%	3.60	18.93
OT	CHC130	Lemon Lavender Mint, Fair Trade	6 / 16 ct	4.50	23.66						20%	3.60	18.93
O	CHC108	Peppermint	6 / 16 ct	4.50	23.66						20%	3.60	18.93
O	CHC111	Ginger Herb Tea	6 / 16 ct	4.50	23.66						20%	3.60	18.93

#### Jane Goodall Institute Teas, Organic, 16 ct

*Benefiting the Jane Goodall Institute and Jane Goodall's Roots & Shoots. For more information visit [www.janegoodall.org](http://www.janegoodall.org)*

KOT	CHC112	Oothu Garden Green	6 / 16 ct	4.50	23.66						20%	3.60	18.93
KOT	CHC113	Wild Forest Black	6 / 16 ct	4.50	23.66						20%	3.60	18.93
KOT	CHC114	English Breakfast, decaf	6 / 16 ct	4.50	23.66						20%	3.60	18.93
KOT	CHC115	Rooibos Superfruit	6 / 16 ct	4.50	23.66						20%	3.60	18.93
KOT	CHC116	Yerba Maté Mint	6 / 16 ct	4.50	23.66						20%	3.60	18.93

#### Green Tea, Organic - Premium, 16 ct

O	CHC110	Twig Tea (stems & twigs)	6 / 16 ct	4.50	23.66						20%	3.60	18.93
O	CHC122	Green Tea w/toasted rice (Genmaicha)	6 / 16 ct	4.50	23.66						20%	3.60	18.93
O	CHC120	Ban-cha (toasted)	6 / 16 ct	4.50	23.66						20%	3.60	18.93
O	CHC153	Premium Japanese	6 / 16 ct	4.50	23.66						20%	3.60	18.93
OT	CHC100	Classic Blend Green, Fair Trade	6 / 16 ct	4.50	23.66						20%	3.60	18.93
OT	CHC123	Jasmine Green, Fair Trade	6 / 16 ct	4.50	23.66						20%	3.60	18.93
OT	CHC121	Green Moroccan Mint, Fair Trade	6 / 16 ct	4.50	23.66						20%	3.60	18.93

#### Black Tea, Organic - Premium, 16 ct

O	CHC124	Oolong	6 / 16 ct	4.50	23.66						20%	3.60	18.93
O	CHC109	Russian Caravan (pine smoked)	6 / 16 ct	4.50	23.66						20%	3.60	18.93
OT	CHC106	Irish Breakfast, Fair Trade	6 / 16 ct	4.50	23.66						20%	3.60	18.93
OT	CHC105	English Breakfast, Fair Trade	6 / 16 ct	4.50	23.66						20%	3.60	18.93
OT	CHC104	Earl Grey, Fair Trade	6 / 16 ct	4.50	23.66						20%	3.60	18.93
OT	CHC103	Darjeeling, Fair Trade	6 / 16 ct	4.50	23.66						20%	3.60	18.93
OT	CHC101	Black, Fair Trade	6 / 16 ct	4.50	23.66						20%	3.60	18.93
OT	CHC150	Decaf Earl Grey, Fair Trade	6 / 16 ct	4.50	23.66						20%	3.60	18.93

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.  
Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### CLIF / LUNA / BUILDER'S BARS

*CLIF: 70% organic, omega-3's from organic flaxseed & walnuts. LUNA: 70% organic, 3g fiber, rich in vitamins A, C & E. BUILDER, 20g of protein from soy & nuts. Made from whole, all-natural, and organic ingredients. Free of GMOs, trans fats and high fructose corn syrup. For more information visit [www.clifbar.com](http://www.clifbar.com)*

#### Full Case Deal

#### Clif Organic Nutrition Bar, 70% Organic 6-packs

KO		CLI020	Oatmeal Raisin Walnut	6 / 6x68 g	9.17	48.33		20%	7.34	38.66	20%	7.34	38.66
KO		CLI021	Chocolate Almond Fudge	6 / 6x68 g	9.17	48.33		20%	7.34	38.66	20%	7.34	38.66
KO		CLI022	Chocolate Chip	6 / 6x68 g	9.17	48.33		20%	7.34	38.66	20%	7.34	38.66

#### Clif Organic Nutrition Bar, 70% Organic - Full Cases Only

K		CLI015	Black Cherry Almond	12 / 68 g		15.99							
K		CLI005	Carrot Cake	12 / 68 g		15.99							
K		CLI002	Chocolate Almond Fudge	12 / 68 g		15.99							
K		CLI006	Chocolate Chip	12 / 68 g		15.99							
K		CLI004	Chocolate Chip Peanut Crunch	12 / 68 g		15.99							
K		CLI010	Cool Mint Chocolate	12 / 68 g		15.99							
K		CLI001	Crunchy Peanut Butter	12 / 68 g		15.99							
K		CLI018	Maple Nut Oatmeal	12 / 68 g		15.99							
K		CLI014	Oatmeal Raisin Walnut	12 / 68 g		15.99							
K		CLI016	Peanut Toffee Buzz	12 / 68 g		15.99							

#### Luna Nutrition Bar for Women, 9-10g protien, 70% Organic - Full Cases Only

K		LNA010	Chocolate Peppermint Stick	15 / 48 g		19.99							
K		LNA011	White Chocolate Macadamia	15 / 48 g		19.99							
K		LNA009	Caramel Nut Brownie	15 / 48 g		19.74							
K		LNA003	Lemon Zest	15 / 48 g		19.74							
K		LNA002	Nutz Over Chocolate	15 / 48 g		19.74							
K		LNA008	S'Mores	15 / 48 g		19.74							

#### Builder's Bar, 20g of protein - Full Cases Only

K		CLI032	Chocolate Mint	12 / 68 g		21.01		20%		16.81			
K		CLI030	Chocolate	12 / 68 g		21.01		20%		16.81			
K		CLI031	Peanut Butter	12 / 68 g		21.01		20%		16.81			

### COCONUT BLISS

*As rich and creamy as premium ice cream satisfying, delicious, and healthy alternative to dairy and soy-based frozen desserts. The base is coconut milk sweetened with agave syrup; certified organic, gluten-free, 100% vegan, kosher pareve. For more information visit [www.coconutbliss.com](http://www.coconutbliss.com)*

#### Frozen Dessert Pints, organic, sweetened with agave

H	F	DGfKO	CBL001	Vanilla Island	8 / 473 ml	6.25	43.71						
H	F	DGfKO	CBL002	Cappuccino	8 / 473 ml	6.25	43.71						
H	F	DGfKO	CBL003	Chocolate Hazelnut Fudge	8 / 473 ml	6.25	43.71						
H	F	DGfKO	CBL004	Dark Chocolate	8 / 473 ml	6.25	43.71						
H	F	DGfKO	CBL005	Naked Coconut	8 / 473 ml	6.25	43.71						
H	F	DGfKO	CBL006	Pineapple Coconut	8 / 473 ml	Temporarily unavailable							

#### Frozen dessert Bars, organic, sweetened with agave - Four 89 ml bars per/pack

H	F	DGfKO	CBL020	Dark Chocolate - 4-pack	12 / 355 ml	5.79	60.71						
H	F	DGfKO	CBL021	Naked Coconut - 4-pack	12 / 355 ml	5.79	60.71						

### COUNTRYSIDE / Gold Egg / Vanderpol's / Vita Eggs

#### Gold Egg - Organic

*High-quality organic feed and ethical animal husbandry that facilitates low stress, promotes good health, and prevents disease.*

*For more information visit [www.nationalegg.ca](http://www.nationalegg.ca)*

R	CO	GLE001	Organic Brown Eggs - Large	15 / 1 doz.	6.77	95.71							
---	----	--------	----------------------------	-------------	------	-------	--	--	--	--	--	--	--

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### Vanderpol's - Organic Pasteurized Egg Whites

**100% pure organic egg whites from Abbotsford, BC. For more information visit [www.vanderpoleggs.com](http://www.vanderpoleggs.com)**

R	CKO	VTE007	Organic Egg Whites	12 / 500 g	5.15	58.31							
---	-----	--------	--------------------	------------	------	-------	--	--	--	--	--	--	--

**Vita Egg - From free-roaming hens with seasonal outdoor access and unique indoor European perchery system. [www.naturesfarmproducts.com](http://www.naturesfarmproducts.com)**

### Vita Egg - Free-ream Eggs, Large

R	CK	VTE004	Omega-3, Lg, 1 Doz	15 / 1 doz.	4.77	67.40							
---	----	--------	--------------------	-------------	------	-------	--	--	--	--	--	--	--

R	CK	VTE005	Free Run, Lg, 1 Doz	15 / 1 doz.	4.78	67.61							
---	----	--------	---------------------	-------------	------	-------	--	--	--	--	--	--	--

### Vita Egg - Organic Omega-3 Free Run Eggs

R	COK	VTE008	Omega-3, Med, 2x6 ct	15 / 2x6 ct	5.08	71.84							
---	-----	--------	----------------------	-------------	------	-------	--	--	--	--	--	--	--

R	COK	VTE002	Omega-3, Lg, 2x6 ct	15 / 2x6 ct	6.83	96.55							
---	-----	--------	---------------------	-------------	------	-------	--	--	--	--	--	--	--

R	COK	VTE001	Omega-3, Lg, 1 Doz	15 / 1 doz.	6.66	94.23							
---	-----	--------	--------------------	-------------	------	-------	--	--	--	--	--	--	--

### Vita Egg - Large Organic Omega-3 Free Run - BULK - New

R	COK	<b>VTE011</b>	<b>Organic Eggs, Large - New</b>	1 / 180 ct	94.02								
---	-----	---------------	----------------------------------	------------	-------	--	--	--	--	--	--	--	--

### Vita Egg - Large Free-ream - BULK - New

R	CK	<b>VTE012</b>	<b>Free Run, Lg - New</b>	1 / 180 ct	67.40								
---	----	---------------	---------------------------	------------	-------	--	--	--	--	--	--	--	--

## COVERED BRIDGE

**All-Natural gluten-free kettle cooked potato chips made with premium New Brunswick russet potatoes, offering a darker colour and unique flavour.**

**No artificial colours, preservatives or trans fats. For more information visit [www.coveredbridgechips.com](http://www.coveredbridgechips.com)**

### Potato Chips, single serve - Full Cases Only

H	CGf	CVB026	Ketchup	28 / 36 g		25.50							
---	-----	--------	---------	-----------	--	-------	--	--	--	--	--	--	--

H	CGf	CVB020	Sea Salt	28 / 36 g		20.06							
---	-----	--------	----------	-----------	--	-------	--	--	--	--	--	--	--

H	CGf	CVB021	Sea Salt & Cracked Pepper	28 / 36 g		20.06							
---	-----	--------	---------------------------	-----------	--	-------	--	--	--	--	--	--	--

H	CGf	CVB022	Smokin' Sweet BBQ	28 / 36 g		20.06							
---	-----	--------	-------------------	-----------	--	-------	--	--	--	--	--	--	--

H	CGf	CVB023	Sea Salt & Vinegar	28 / 36 g		20.06							
---	-----	--------	--------------------	-----------	--	-------	--	--	--	--	--	--	--

H	CGf	CVB024	Creamy Dill	28 / 36 g		20.06							
---	-----	--------	-------------	-----------	--	-------	--	--	--	--	--	--	--

H	CGf	CVB025	Sweet Potato w/ Cinn-Sugar	28 / 36 g		24.24							
---	-----	--------	----------------------------	-----------	--	-------	--	--	--	--	--	--	--

### Sweet Potato Chips, single serve - Full Cases Only

H	CGf	CVB027	Plain w/ Sea Salt	28 / 36 g		29.26							
---	-----	--------	-------------------	-----------	--	-------	--	--	--	--	--	--	--

### Russet Potato Chips - Full Cases Only (Now 15 per/cs)

H	CGf	CVB009	Ketchup	15 / 198 g		41.87							
---	-----	--------	---------	------------	--	-------	--	--	--	--	--	--	--

H	CGf	CVB010	Thick Cut w/ Sea Salt	15 / 198 g		41.87							
---	-----	--------	-----------------------	------------	--	-------	--	--	--	--	--	--	--

H	CGf	CVB011	Sea Salt - 15/cs	15 / 198 g		41.87							
---	-----	--------	------------------	------------	--	-------	--	--	--	--	--	--	--

H	CGf	CVB012	Sea Salt & Cracked Pepper - 15/cs	15 / 198 g		41.87							
---	-----	--------	-----------------------------------	------------	--	-------	--	--	--	--	--	--	--

H	CGf	CVB013	Smokin Sweet BBQ - 15/cs	15 / 198 g		41.87							
---	-----	--------	--------------------------	------------	--	-------	--	--	--	--	--	--	--

H	CGf	CVB014	Sea Salt & Vinegar - 15/cs	15 / 198 g		41.87							
---	-----	--------	----------------------------	------------	--	-------	--	--	--	--	--	--	--

H	CGf	CVB015	Creamy Dill - 15/cs	15 / 198 g		41.87							
---	-----	--------	---------------------	------------	--	-------	--	--	--	--	--	--	--

### Sweet Potato Chips - Full Cases Only (Now 15 per/cs)

H	CGf	CVB017	Plain w/ Sea Salt	15 / 142 g		41.87							
---	-----	--------	-------------------	------------	--	-------	--	--	--	--	--	--	--

H	CGf	CVB016	Cinnamon & Brown Sugar - 15/cs	15 / 142 g		41.87							
---	-----	--------	--------------------------------	------------	--	-------	--	--	--	--	--	--	--

### Tortilla Chips - Full Cases Only

H	CGf	CVB051	Lime - Disco'd	18 / 250 g		50.24	- Disco'd						
---	-----	--------	----------------	------------	--	-------	-----------	--	--	--	--	--	--

H	CGf	CVB052	Chipotle - Disco'd	18 / 250 g		50.24	- Disco'd						
---	-----	--------	--------------------	------------	--	-------	-----------	--	--	--	--	--	--

## CROFTER'S

**Located on the shores of Georgian Bay, specializing in organic manufacturing since 1989 using organic fruit,**

**careful preparation and natural goodness. For more information visit [www.croftersorganic.com](http://www.croftersorganic.com)**

### Organic Just Fruit™ Spread (formerly Fruit Spread) - sweetened with grape juice

	CO	JAM002	Apricot	12 / 235 ml	3.49	38.06							
--	----	--------	---------	-------------	------	-------	--	--	--	--	--	--	--

	CO	JAM006	Black Currant	12 / 235 ml	3.82	41.64					20%	2.79	30.45
--	----	--------	---------------	-------------	------	-------	--	--	--	--	-----	------	-------

	CO	JAM003	Blackberry	12 / 235 ml	3.49	38.06					20%	2.79	30.45
--	----	--------	------------	-------------	------	-------	--	--	--	--	-----	------	-------

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case					Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
	co	JAM005	Blueberry	12 / 235 ml	3.82	41.64								20%	3.06	33.31
	co	JAM001	Raspberry	12 / 235 ml	3.49	38.06								20%	2.79	30.45
	co	JAM004	Strawberry	12 / 235 ml	3.49	38.06								20%	2.79	30.45
	co	JAM007	Super Fruit, original	12 / 235 ml	3.49	38.06								20%	2.79	30.45
<b>Organic Premium Fruit Spread - sweetened with organic fair-trade sugar</b>																
	co	JAM020	4-Fruit	12 / 235 ml	3.08	33.58								20%	2.46	26.86
	co	JAM022	Apple	12 / 235 ml	2.75	30.00								20%	2.20	24.00
	co	JAM018	Black Currant	12 / 235 ml	3.57	38.95								20%	2.86	31.16
	co	JAM023	Concord Grape	12 / 235 ml	2.75	30.00								20%	2.20	24.00
	co	JAM010	Golden Apricot	12 / 235 ml	3.08	33.58								20%	2.46	26.86
	co	JAM017	Mango	12 / 235 ml	3.08	33.58								20%	2.46	26.86
	co	JAM016	Morello Cherry	12 / 235 ml	3.08	33.58								20%	2.46	26.86
	co	JAM024	Pomegranate	12 / 235 ml	3.08	33.58								20%	2.46	26.86
	co	JAM015	Red Raspberry	12 / 235 ml	3.08	33.58								20%	2.46	26.86
	co	JAM014	Sicilian Blood Orange Marmalade	12 / 235 ml	3.08	33.58								20%	2.46	26.86
	co	JAM012	Strawberry	12 / 235 ml	3.08	33.58								20%	2.46	26.86
	co	JAM013	Wild Blackberry	12 / 235 ml	3.08	33.58								20%	2.46	26.86
	co	JAM011	Wild Blueberry	12 / 235 ml	3.57	38.95								20%	2.86	31.16
	co	JAM030	Strawberry - Family Size	12 / 383 ml	4.42	48.20										
	co	JAM031	Raspberry - Family Size	12 / 383 ml	4.66	50.89										
<b>Organic Superfruit Spread, Morello Cherry &amp; Red Grape plus unique regional fruits - sweetened with organic fair-trade sugar</b>																
	co	JAM050	Asia - raspberry, yumberry	12 / 260 ml	4.97	54.23										
	co	JAM051	Europe - black currant, pomegranate	12 / 260 ml	4.97	54.23										
	co	JAM052	North America - cranberry, blueberry	12 / 260 ml	4.97	54.23										
	co	JAM053	South America - passion fruit, maqui	12 / 260 ml	4.97	54.23										
<b>• BULK - Special Order - 3-4 weeks lead-time</b>																
<b>Organic Jelly &amp; Fruit Preserves - sweetened with organic fair-trade sugar</b>																
	co	JAM068	Concord Grape Jelly	1 / 7 kg	28.72											
	co	JAM069	Strawberry Preserve	1 / 7 kg	41.01											
	co	JAM070	Apricot Preserve	1 / 7 kg	32.70											
	co	JAM071	Raspberry Preserve	1 / 7 kg	50.12											
<b>CUISINE SOLEIL</b>																
<i>A Quebec producer of premium certified organic gluten free flours. For more information visit <a href="http://www.cuisinesoleil.com/en">www.cuisinesoleil.com/en</a></i>																
<b>Gluten-free Flour, Organic</b>																
	co	CUI006	<b>Millet - New</b>	6 / 1 kg	7.24	43.45								15%	6.16	36.93
	co	CUI007	<b>Lentil - New</b>	6 / 1 kg	9.16	54.98								15%	7.79	46.73
<b>Gluten-free Flour, Organic</b>																
	CGFO	CUI001	Buckwheat	6 / 1 kg	5.08	27.82										
	CGFO	CUI002	Brown Rice	6 / 1 kg	6.43	35.25										
	CGFO	CUI003	Chickpea	6 / 1 kg	8.49	46.58										
	CGFO	CUI004	Tapioca	6 / 1 kg	7.11	38.96										
	CGFO	CUI005	All Purpose Mix	6 / 1 kg	9.57	52.48										
<b>DAIYA</b>																
<i>A delicious dairy free vegan product that has an irresistible melt, stretch and taste. Made in Canada. Free of GMOs, dairy (casein and lactose), gluten, egg, peanuts, soy and tree nuts (excluding coconut). For more information visit <a href="http://www.daiyafoods.com">www.daiyafoods.com</a></i>																
<b>Gluten-free, Dairy Free Cheese Alternative Shreds</b>																
	R	CDGFK	DAI003	Pepperjack Style	12 / 227 g	4.94	53.98							10%	4.45	48.58
	R	CDGFK	DAI001	Mozzarella Style	12 / 227 g	4.94	53.98							10%	4.45	48.58
	R	CDGFK	DAI002	Cheddar Style	12 / 227 g	4.94	53.98							10%	4.45	48.58

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

**Gluten-free, Dairy Free Cheese Alternative Shreds - BULK**

R	CDGFK	DAI020	Mozzarella Style	3 / 2.27 kg	36.62	100.00							
R	CDGFK	DAI021	Cheddar Style	3 / 2.27 kg	36.62	100.00							

### LES DÉLICIES DU MARCHÉ

*Produced in Mirabel, Quebec, four organic vegetarian pâtés made with vegetables, seeds and lentils.*

*For more information visit [www.jardinsante.ca](http://www.jardinsante.ca)*

**Old Fashioned Pâté**

R	CO	DDM001	Provençal Style	48 / 120 g	3.07	136.15							
R	CO	DDM002	Toscan Style	48 / 120 g	3.07	136.15							
R	CO	DDM003	Mediterranean Style	48 / 120 g	3.07	136.15							
R	CO	DDM004	Indian Style	48 / 120 g	3.07	136.15							

### DUTCHMAN'S GOLD

*Dutchman's Gold has over 25 years experience making a variety of 100% Canadian pure, natural, non-pasteurized honey. For more information visit [www.dutchmansgold.com](http://www.dutchmansgold.com)*

**Creamed Honey**

c	HON023	Summer Blossom, Creamed	12 / 500 g	4.60	50.15								
c	HON024	Buckwheat, Creamed	12 / 500 g	5.74	62.69								

**Liquid Honey**

c	HON012	Wildflower	12 / 500 g	4.60	50.15								
c	HON013	Buckwheat	12 / 500 g	5.74	62.69								
c	HON011	Summer Blossom	12 / 500 g	4.60	50.15								
c	HON002	Summer Blossom	12 / 1 kg	8.20	89.56								
c	HON001	Summer Blossom - BULK	1 / 15 kg	97.02									

**Raw Honey**

c	HON014	Raw	12 / 500 g	4.92	53.74								
c	HON018	Raw	12 / 1 kg	9.02	98.51								

**Liquid Honey in Dispensers**

c	HON010	Summer Blossom Bear Dispenser	12 / 375 g	3.78	41.20								
c	HON015	Summer Blossom Hive Dispenser	12 / 500 g	4.60	50.15								

**• Annie's Apitherapy**

**Raw Honey mixed with Royal Jelly, Propolis and Pollen**

c	HON020	Honey with Bee Pollen	12 / 500 g	5.33	58.21								
c	HON022	Honey with Royal Jelly	12 / 500 g	5.74	62.69								

### EARTH BALANCE

*Natural gluten-free spreads and shortening sticks free of GMOs, gluten, trans fats, hydrogenated oils, and artificial ingredients of any kind.*

*For more information visit [www.earthbalancenatural.com](http://www.earthbalancenatural.com)*

**Natural Vegan-friendly spread in tubs and sticks**

R	DGFKO	<b>EBA006 Coconut Buttery Spread - New</b>	12 / 284 g	4.46	48.81			20%	3.57	39.05			
R	DGFKO	EBA001 Buttery Organic Whipped Spread	12 / 369 g	4.09	44.76								
R	DGFK	EBA002 Buttery Spread	12 / 425 g	3.77	41.23						20%	3.02	32.98
R	DGFK	EBA003 Olive Oil Natural Spread	12 / 369 g	3.78	41.38								
R	DGFK	EBA004 Buttery Spread, Soy-free	12 / 425 g	4.04	44.19			20%	3.23	35.35			
R	DGFK	EBA005 Buttery Spread BULK	6 / 1.27 kg	8.60	47.07						20%	6.88	37.66
R	DGFK	EBA020 Buttery Sticks	18 / 454 g	3.75	61.62			20%	3.00	49.30			
R	DGFK	EBA021 Shortening Sticks	18 / 425 g	3.76	61.68								

**Bulk Spreads**

R	DGFK	EBA050 Vegetable Shortening	1 / 13.63 kg	89.15									
R	DGFK	EBA051 Buttery Spread	1 / 13.63 kg	82.02									

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

## EARTH'S BEST

High quality products infant & toddler products. For more information visit [www.earthsbest.com](http://www.earthsbest.com)

### January Line Drive

#### • Organic Baby Food, in Jars

##### 1st Beginner Foods, In Jars, Organic

KO	EBS301	Pears	12 / 128 ml	1.01	11.44								
----	--------	-------	-------------	------	-------	--	--	--	--	--	--	--	--

##### 2nd Fruits & Veggies, In Jars, Organic

KO	EBS310	Apples & Apricots	12 / 128 ml	1.01	11.44								
KO	EBS312	Apples & Blueberries	12 / 128 ml	1.01	11.44								
O	EBS313	Peach & Apple Oatmeal	12 / 128 ml	1.01	11.44								
KO	EBS314	Pears & Mangos	12 / 128 ml	1.01	11.44								
KO	EBS320	Carrots	12 / 128 ml	1.01	11.44								
KO	EBS321	Green Beans & Brown Rice	12 / 128 ml	1.01	11.44								
KO	EBS322	Green Peas & Brown Rice	12 / 128 ml	1.01	11.44								

##### 2nd Dinners, In Jars, Organic

O	EBS332	Vegetables & Turkey	12 / 128 ml	1.01	11.44								
---	--------	---------------------	-------------	------	-------	--	--	--	--	--	--	--	--

#### • Diapers and Wipes

##### Tendercare Disposable Diapers - No chlorine, latex, dye or perfume

G	EBS201	Size 1, 8–14 lbs	4 / 56 ct	16.75	63.20								
G	EBS202	Size 2, 12–18 lbs	4 / 48 ct	16.74	63.17								
G	EBS203	Size 3, 16–28 lbs	4 / 40 ct	16.75	63.22								
G	EBS204	Size 4, 22–37 lbs	4 / 34 ct	16.76	63.23								
G	EBS205	Size 5, 27+ lbs	4 / 30 ct	16.76	63.23								

##### Tendercare Baby Wipes - hypoallergenic. No chlorine, alcohol or perfume

H	EBS210	Tub	12 / 80 ct	5.44	61.53								
H	EBS211	Refills	12 / 80 ct	4.96	56.14								

#### • Sesame Street Line - Organic Cookies, Crackers, Cereal & Frozen Waffles

Nutritiously delicious fun for little tummies. Earth's Best Sesame Street line sports all the favourite characters with tasty cereal and treats.

##### "Snackin" Whole Grain Snacks Organic Snacks

H	KO	EBS010	Snackin' Blueberry Fruit Hearts	12 / 40 g	2.45	27.55							
H	KO	EBS011	Snackin' Banana Fruit Rings	12 / 40 g	2.45	27.55							

##### Crackers

	KO	EBS001	Crunchin' Cracker, Original	6 / 150 g	3.52	19.84							
	KO	EBS003	Crunchin' Grahams, Honey	6 / 150 g	3.54	19.95							

##### Cookie Monster Letter of the Day Cookies

	KO	EBS004	Oatmeal Cinnamon	6 / 150 g	3.54	19.95							
	KO	EBS005	Very Vanilla	6 / 150 g	3.54	19.95							

##### On the Go O's, Cereal

	KO	EBS007	Honey Nut Cereal	6 / 283 g	5.20	29.30							
--	----	--------	------------------	-----------	------	-------	--	--	--	--	--	--	--

##### Yummy Tummy Oatmeal

	KO	EBS008	Apples & Cinnamon	12 / 430 g	6.42	72.42							
	KO	EBS009	Maple & Brown Sugar	12 / 430 g	6.42	72.42							

##### Mini-Waffles - Frozen, Organic

	F	KO	EBS020	Homestyle	12 / 256 g	3.53	39.79						
	F	KO	EBS021	Blueberry	12 / 256 g	3.53	39.79						

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax FIR	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
------------	-----	------	-------------	------	-------	------	--	-------------	----------------	----------------	-------------	----------------	----------------

### EARTH'S OWN FOOD COMPANY

#### • Fresh Beverages

**Earth's Own - the only fat in this line is from the natural almond oil from the whole almonds it is made with.**

For more information, visit [www.almond-fresh.com](http://www.almond-fresh.com)

#### Earth's Own Fortified Almond Beverage - Gabletop Cartons - 1.89 L - Full Cases Only

R	CDGFK	EOW004	Chocolate	6 / 1.89 L		23.86					15%		20.28
R	CDK	EOW003	Unsweetened	6 / 1.89 L		23.86					15%		20.28
R	CDK	EOW001	Original	6 / 1.89 L		23.86					15%		20.28
R	CDK	EOW002	Vanilla	6 / 1.89 L		23.86					15%		20.28

**Ryza - Naturally sweet, rich tasting, made from 100% wholegrain brown rice. The only fat is the naturally occurring brown rice oil.**

For more information, visit [www.ryza.ca](http://www.ryza.ca)

#### Ryza Fresh - Gabletop Cartons - 1.89 L - Full Cases Only

NS	R	CD	RYZ001	Original	6 / 1.89 L		26.42						
NS	R	CD	RYZ002	Vanilla	6 / 1.89 L		26.42						

**So Nice - Made from only certified organic, non-GMO, whole soybeans. Production facilities in both eastern and western Canada, a shorter trip to you, less impact on the environment. For more information, visit [www.sonice.ca](http://www.sonice.ca)**

#### So Nice Organic Fortified Soy Beverage - Gabletop Cartons - 1.89 L - Full Cases Only

R	CDO	SOY110	Plus Original	6 / 1.89 L		23.23					15%		19.75
R	CDO	SOY111	Plus Vanilla	6 / 1.89 L		23.23					15%		19.75
H	R	CDO	SOY078	Strawberry	6 / 1.89 L		21.62				15%		18.38
R	CDO	SOY077	Chocolate	6 / 1.89 L		21.62					15%		18.38
R	CDO	SOY075	Original	6 / 1.89 L		21.62					15%		18.38
R	CDO	SOY090	Unsweetened	6 / 1.89 L		21.62					15%		18.38
R	CDO	SOY076	Vanilla	6 / 1.89 L		21.62					15%		18.38

#### So Nice Fresh Organic Fortified Soy Beverage - Euro Bottles - 946 ml

R	CDO	SON103	<b>Noel Nog - Seasonal</b>	6 / 946 ml	2.79	15.23							
R	C	SON106	Green Tea Latte - Limited Edition	6 / 946 ml	2.79	15.23					10%		13.71
R	CDO	SON101	Original Delight	6 / 946 ml	2.79	15.23					10%		13.71
R	CDO	SON102	Vanilla Bliss	6 / 946 ml	2.79	15.23					10%		13.71

#### • UHT Beverages - Full Cases Only

##### Ryza UHT - Full Cases Only

NS	CD	RYZ010	Original	12 / 946ml		30.03							
NS	CD	RYZ011	Vanilla	12 / 946ml		30.03							

##### So Nice UHT Organic Soy Beverages - Prisma Pak 3-packs - Full Cases Only

CDO	SON005	Vanilla Chai - Limited Edition	8 / 3x250 ml		23.73						15%		20.17
CDO	SON001	Chocolate	8 / 3x250 ml		23.73						15%		20.17
CDO	SON003	Original	8 / 3x250 ml		23.73						15%		20.17
CDO	SON004	Vanilla	8 / 3x250 ml		23.73						15%		20.17

##### So Nice UHT Organic Soy Beverages - 946 ml - Full Cases Only

CDO	SOY080	Natural	12 / 946 ml		23.02						15%		19.57
CDO	SOY081	Original	12 / 946 ml		23.02						15%		19.57
CDO	SOY085	Organic Unsweetened	12 / 946 ml		23.02						15%		19.57

##### So Nice UHT Soy Beverages, made w/ organic soybeans - 946 ml - Full Cases Only

CD	SOY082	Vanilla	12 / 946 ml		23.02						15%		19.57
CD	SOY083	Chocolate	12 / 946 ml		23.02						15%		19.57
CDK	SOY086	Barista Blend	12 / 946 ml		23.02						15%		19.57

##### So Nice UHT Soy Coffee Creamer, made w/ organic soybeans - 500 ml - Full Cases Only

CDK	SOY087	For Coffee	12 / 500 ml		22.41						10%		20.17
-----	--------	------------	-------------	--	-------	--	--	--	--	--	-----	--	-------

**YU Beverage - 100% organic soy and Basmati rice beverages produced in Quebec. Visit [www.yunatural.ca/en/faqs.html](http://www.yunatural.ca/en/faqs.html)**

##### YU Beverage UHT Basmati Rice Beverage - Full Cases Only

NS	CDKO	YUB003	Original, Fortified	12 / 946 ml		30.14					15%		25.62
NS	CDKO	YUB002	Vanilla, Fortified	12 / 946 ml		30.14					15%		25.62

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### ECO-MAX

*Natural green cleaning technology, utilizing potent cleaning properties of various ingredients derived from biodegradable, renewable and sustainable botanical resources. Manufactured in Canada using Bullfrogpowered 100% green electricity. For more information visit [www.eco-max.ca](http://www.eco-max.ca)*

#### • Household

##### Hypoallergenic Cleaners

H	c	EMX002	Hypo. All Purpose	8 / 710 ml	4.00	29.10							
H	c	EMX004	Hypo. Glass	8 / 710 ml	4.00	29.10							
H	c	EMX006	Hypo. Granite Protector	8 / 710 ml	4.00	29.10							
H	c	EMX008	Hypo. Tile & Grout	8 / 710 ml	4.00	29.10							
H	c	EMX018	Hypo. Carpet & Upholstery	6 / 1.05 L	7.50	40.91							

##### Cleaners

H	c	EMX001	Lemongrass All Purpose	8 / 710 ml	4.00	29.10							
H	c	EMX003	Spearmint Bathroom	8 / 710 ml	4.00	29.10							
H	c	EMX005	Air Purifier/Odour Neutralizer	8 / 710 ml	4.00	29.10							
H	c	EMX016	Natural Lemon Floor	6 / 1.05 L	4.67	25.46							
H	c	EMX017	Soy Degreaser	6 / 1.05 L	7.50	40.91							

#### • Kitchen

##### Ultra Dish Liquid

H	c	EMX012	Natutral Lavender	12 / 740 ml	3.59	39.10					15%	3.05	33.24
H	c	EMX013	Natural Tea Tree	12 / 740 ml	3.59	39.10					15%	3.05	33.24
H	c	EMX014	Natural Orange	12 / 740 ml	3.59	39.10					15%	3.05	33.24
H	c	EMX015	Hypoallergenic	12 / 740 ml	3.59	39.10					15%	3.05	33.24

##### Hypoallergenic Fruit & Veggie Wash

H	c	EMX007	Hypo. Fruit & Veggie Wash	8 / 710 ml	4.00	29.10							
---	---	--------	---------------------------	------------	------	-------	--	--	--	--	--	--	--

#### • Laundry

##### Liquid Detergent HE 35 lds

H	c	EMX019	3x Conc Hypoallergenic	6 / 1.05 L	7.50	40.91					15%	6.38	34.77
H	c	EMX020	3x Conc Natural Lavender	6 / 1.05 L	7.50	40.91					15%	6.38	34.77
H	c	EMX021	3x Conc Orange	6 / 1.05 L	7.50	40.91					15%	6.38	34.77

##### Liquid Detergent HE 50 lds

H	c	EMX009	Hypoallergenic	4 / 3 L	11.67	42.43			15%	9.92	36.07		
H	c	EMX010	Natural Lavender	4 / 3 L	11.67	42.43			15%	9.92	36.07		
H	c	EMX011	Natural Orange	4 / 3 L	11.67	42.43			15%	9.92	36.07		

##### Liquid Fabric Softener

H	c	EMX022	Hypoaller. Fabric Softener	6 / 1.05 L	3.50	19.10					15%	2.98	16.24
---	---	--------	----------------------------	------------	------	-------	--	--	--	--	-----	------	-------

### ECOVER

*Phosphate-free hand soap, laundry & household cleaning products. For more information visit [www.ecover.com](http://www.ecover.com)*

##### Auto Dishwashing Products

H	B	ECV017	Zero, Powder, unscented	8 / 1.36 kg	7.91	55.34			20%	6.33	44.27		
H	B	ECV015	Powder	8 / 1.36 kg	7.91	55.34			20%	6.33	44.27		
H	B	ECV014	Rinse Aid	12 / 500 ml	5.44	57.11			20%	4.35	45.69		
H	B	ECV016	Tablets, 25 pack	12 / 500 g	7.51	78.81			20%	6.01	63.05		

##### Dishwashing Liquid

H	B	ECV005	Grapefruit & Green Tea	12 / 500 ml	3.06	32.12			20%	2.45	25.70		
H	B	ECV003	Lemon & Aloe	12 / 500 ml	3.06	32.12			20%	2.45	25.70		
H	B	ECV001	Chamomile & Marigold	12 / 500 ml	3.06	32.12			20%	2.45	25.70		
H	B	ECV006	Grapefruit & Green Tea	12 / 1 L	4.49	47.09			20%	3.59	37.67		
H	B	ECV004	Lemon & Aloe	12 / 1 L	4.49	47.09			20%	3.59	37.67		
H	B	ECV002	Chamomile & Marigold	12 / 1 L	4.49	47.09			20%	3.59	37.67		

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Laundry Products</b>													
H	B	ECV038	Non-Chlorine Bleach, powder	6 / 400 g	4.83	25.32					20%	3.86	20.26
H	B	ECV030	Non-Chlorine Bleach	6 / 1.89 L	7.12	37.37					20%	5.70	29.90
H	B	ECV039	Fabric Softener, Sunny Day	12 / 1 L	4.98	52.20					20%	3.98	41.76
H	B	ECV032	Fabric Softener, Morning Fresh	12 / 1 L	4.98	52.20					20%	3.98	41.76
H	B	ECV036	Laundry Stain Remover	9 / 203 ml	4.29	33.73					20%	3.43	26.98
<b>Laundry Liquid Concentrate - New</b>													
H	B	<b>ECV023 Sunny Day - New</b>		6 / 1.5 L	13.15	69.04		20%	10.52	55.23	20%	10.52	55.23
H	B	<b>ECV024 Zero Free &amp; Clear - New</b>		6 / 1.5 L	13.15	69.04		20%	10.52	55.23	20%	10.52	55.23
<b>Laundry Powder, HE - Ideal for Babies</b>													
H		ECV022	Zero, unscented 20-26 lds	6 / 1.36 kg	11.13	58.39					20%	8.90	46.71
<b>Laundry Liquid - Ideal for Babies</b>													
H	B	ECV034	Delicate Wash Liquid - 22 loads	12 / 1 L	5.06	53.06					20%	4.05	42.45
H	B	ECV026	Laundry Liquid - 20 loads	6 / 1.5 L	10.17	53.39					20%	8.14	42.71
H	B	ECV027	Laundry Liquid - 40 loads	4 / 2.95 L	18.03	63.08					20%	14.42	50.46
<b>Household Cleaners</b>													
H	B	ECV010	Cream Scrub	12 / 500 ml	3.66	38.35					20%	2.93	30.68
H	B	ECV040	Floor Soap w/Linseed	12 / 1 L	5.26	55.19					20%	4.21	44.15
H	B	ECV042	Toilet Bowl Cleaner	12 / 750 ml	4.24	44.43					20%	3.39	35.54
H	B	ECV043	Bathroom Cleaner	12 / 500 ml	4.53	47.48					20%	3.62	37.98
H	B	ECV044	All Purpose Cleaner Conc. (Lemon)	12 / 1 L	4.65	48.79					20%	3.72	39.03
H	B	ECV048	Heavy Duty Handcleaner	9 / 150 ml	5.50	43.29					20%	4.40	34.63
H	B	ECV050	Glass & Surface Cleaner	12 / 500 ml	4.57	47.94					20%	3.66	38.35
H	B	ECV052	Limescale Remover	6 / 500 ml	5.52	28.95					20%	4.42	23.16
<b>Liquid Hand Soap</b>													
H	B	ECV049	Lavender & Aloe	6 / 250 ml	4.96	26.02							
H	B	ECV051	Lavender & Aloe, Refill	6 / 1 L	8.52	44.70							
<b>EDEN FOODS</b>													
<i>The finest whole food that can be procured, from growers and processors we personally know and trust. For more information visit <a href="http://www.edenfoods.com">www.edenfoods.com</a></i>													
<b>• Organic Beans &amp; Chili, in BPA-free cans</b>													
<i>Packed in bisphenol-A (BPA) free can lining since April 1999</i>													
<b>Rice and Beans, Organic Canned</b>													
KO		EDN314	Moroccan Rice & Garbanzos	12 / 398 ml	2.51	26.34							
KO		EDN315	Mexican Rice & Black Beans	12 / 398 ml	2.51	26.34							
KO		EDN316	Curried Rice & Lentils	12 / 398 ml	2.51	26.34							
O		EDN312	Rice and Cajun Small Red Beans	12 / 398 ml	2.30	24.13							
O		EDN311	Rice and Caribbean Black Beans	12 / 398 ml	2.30	24.13							
KO		EDN313	Rice and Lentils	12 / 398 ml	2.30	24.13							
O		EDN310	Rice and Pinto Beans	12 / 398 ml	2.30	24.13							
<b>Seasoned Beans, Organic Canned</b>													
KO		EDN030	Lentils, with Onion and Bay Leaves	12 / 398 ml	2.29	24.04		20%	1.83	19.23			
KO		EDN080	Caribbean Black Beans	12 / 398 ml	2.29	24.04		20%	1.83	19.23			
KO		EDN052	Spicy Pinto Beans	12 / 398 ml	2.92	30.60		20%	2.34	24.48			
KO		EDN022	Chili Beans, with Jalapeño	12 / 398 ml	2.92	30.60		20%	2.34	24.48			
KO		EDN031	Baked Beans	12 / 398 ml	2.92	30.60		20%	2.34	24.48			
<b>Vegetarian Chili, Organic Canned</b>													
KO		EDN317	Kidney Beans & Kamut	12 / 398 ml	3.55	37.21		20%	2.84	29.77			
KO		EDN318	Black Beans & Quinoa	12 / 398 ml	3.55	37.21		20%	2.84	29.77			
KO		EDN319	Pinto Beans & Spelt	12 / 398 ml	2.96	31.06		20%	2.37	24.85			
KO		EDN320	Great Northern & Barley	12 / 398 ml	2.96	31.03		20%	2.37	24.82			

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Beans, Organic Canned, Refried</b>													
		KO EDN300	Refried Black Beans	12 / 398 ml	2.26	23.68							
		KO EDN301	Refried Black Soy and Black Beans	12 / 398 ml	2.26	23.68							
		KO EDN302	Refried Kidney Beans	12 / 398 ml	2.26	23.68							
		KO EDN303	Refried Pinto Beans	12 / 398 ml	2.26	23.68							
		KO EDN305	Spicy Refried Black Beans	12 / 398 ml	2.72	28.48							
		KO EDN304	Spicy Refried Pinto Beans	12 / 398 ml	2.72	28.48							
<b>Beans, Organic Canned - 796 ml</b>													
		CKOT EDN321	Black Beans	12 / 796 ml	3.56	37.32							
		CKOT EDN322	White Kidney Beans (Cannellini)	12 / 796 ml	3.72	38.99							
		CKOT EDN323	Chick Peas (Garbanzo)	12 / 796 ml	3.73	39.16							
		CKOT EDN324	Kidney Beans	12 / 796 ml	3.73	39.16							
		CKOT EDN325	Navy Beans	12 / 796 ml	3.58	37.49							
		CKOT EDN326	Pinto Beans	12 / 796 ml	3.58	37.49							
<b>Beans, Organic Canned, 398 ml</b>													
		KO EDN191	Butter Beans (Baby Lima Beans)	12 / 398 ml	2.20	23.06							
		KO EDN053	White Kidney Beans (Cannellini)	12 / 398 ml	2.29	24.02							
		KO EDN054	Small Red Beans	12 / 398 ml	2.17	22.72							
		KO EDN015	Pinto Beans	12 / 398 ml	2.20	23.06							
		KO EDN020	Navy Beans	12 / 398 ml	2.20	23.06							
		KO EDN019	Kidney Beans	12 / 398 ml	2.29	24.02							
		KO EDN079	Great Northern Beans	12 / 398 ml	2.20	23.06							
		KO EDN016	Chick Peas (Garbanzo)	12 / 398 ml	2.29	24.02							
		KO EDN038	Black Soy Beans	12 / 398 ml	2.17	22.72							
		KO EDN059	Black Eyed Peas	12 / 398 ml	2.12	22.26							
		KO EDN018	Black Beans	12 / 398 ml	2.20	23.06							
		KO EDN017	Adzuki Beans	12 / 398 ml	2.29	24.02							
<b>• Organic Dry Beans</b>													
<i>Eden has been securing organic beans grown on local family farms since 1968. Our farmers have used organic methods for decades and their rich vital soil creates the finest quality beans on earth. Eden beans are grown in the Midwest USA within a few hundred miles of our facilities.</i>													
<b>Beans, Dry, Organic, BULK</b>													
		KO EDN390	Aduki	1 / 11.25 kg	71.55								
		KO EDN391	Black Turtle	1 / 11.25 kg	46.80								
		KO EDN392	Dark Red Kidney	1 / 11.25 kg	52.84								
		KO EDN393	Navy	1 / 11.25 kg	47.60								
		KO EDN394	Pinto	1 / 11.25 kg	46.78								
		KO EDN395	Small Red	1 / 11.25 kg	48.87								
<b>Beans, Dry, Organic, Retail Pack</b>													
		KO EDN372	Black Turtle	12 / 454 g	3.58	37.51							
		KO EDN373	Garbanzo	12 / 454 g	3.93	41.23							
		KO EDN374	Kidney	12 / 454 g	4.08	42.78							
		KO EDN375	Lentils, green	12 / 454 g	3.40	35.66							
		KO EDN376	Navy	12 / 454 g	3.49	36.59							
		KO EDN377	Pinto	12 / 454 g	3.58	37.51							
<b>• Japanese Traditional (Traditional Japanese Pastas see Pasta section)</b>													
<b>Miso, Organic</b>													
		KO EDN155	Genmai (Soy / Brown Rice)	12 / 345 g	9.87	103.62		20%	7.90	82.90			
		KO EDN158	Shiro (Soy / White Rice)	12 / 345 g	11.90	124.86		20%	9.52	99.89			
<b>Tamari, Organic</b>													
		KO EDN106	Tamari	12 / 296 ml	4.98	52.20		20%	3.98	41.76			
		KO EDN107	Tamari	12 / 592 ml	8.91	93.46		20%	7.13	74.77			

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b><u>Green Tea &amp; Matcha Powder, Organic</u></b>													
	o	EDN169	Matcha Green Tea, in Tin	1 / 30 g	30.84			20%	24.67				
	KO	EDN334	Kukicha Twig	12 / 16 ct	3.95	41.46		20%	3.16	33.17			
	KO	EDN331	Genmaicha	12 / 16 ct	3.99	41.80		20%	3.19	33.44			
	KO	EDN335	Sencha	12 / 16 ct	4.41	46.27		20%	3.53	37.02			
<b><u>Rice Chips</u></b>													
	H	EDN140	Brown Rice Chips	20 / 47 g	4.87	85.08		20%	3.90	68.06			
<b><u>Gluten-free Mochi, Organic - Traditional Japanese snack (steamed pounded sweet brown rice)</u></b>													
	GfKO	EDN290	Brown Rice and Mugwort	20 / 300 g	11.98	209.55		20%	9.58	167.64			
	GfKO	EDN291	Sweet Brown Rice	20 / 300 g	11.28	197.30		20%	9.02	157.84			
	GfKO	EDN292	Sprouted Brown Rice	20 / 300 g	13.18	230.53		20%	10.54	184.42			
<b><u>Condiments &amp; Cooking Ingredients</u></b>													
	K	EDN110	Mirin Cooking Wine	12 / 300 ml	10.34	108.52		20%	8.27	86.82			
	K	EDN101	Pickled Ginger	12 / 60 g	6.10	64.05		20%	4.88	51.24			
	K	EDN153	Umeboshi Plum, Whole	12 / 200 g	18.29	191.95		20%	14.63	153.56			
	K	EDN102	Wasabi, Powder	6 / 25 g	6.01	31.54		20%	4.81	25.23			
<b><u>Gomasio, Organic - Sesame Salt</u></b>													
	KO	EDN127	Garlic	12 / 100 g	3.29	34.45							
	KO	EDN128	Seaweed	12 / 100 g	3.29	34.45							
	KO	EDN176	Original	12 / 100 g	3.29	34.45							
<b><u>Sea Vegetables</u></b>													
	K	EDN121	Sushi Nori - Toasted (7 Sheets)	6 / 17 g	6.62	34.72		20%	5.30	27.78			
		EDN119	Nori Krinkles	6 / 15 g	7.47	39.17		20%	5.98	31.34			
	K	EDN122	Nori (10 Sheets), Cultivated	6 / 25 g	8.29	43.49		20%	6.63	34.79			
	K	EDN123	Kombu, Wild	6 / 60 g	7.76	40.74		20%	6.21	32.59			
	K	EDN125	Arame, Wild	6 / 60 g	7.61	39.96		20%	6.09	31.97			
	K	EDN120	Wakame, Cultivated	6 / 60 g	7.66	40.20		20%	6.13	32.16			
		EDN175	Wakame Flakes, Instant	10 / 30 g	8.98	78.53		20%	7.18	62.82			
	KO	EDN126	Agar Agar Flakes, Organic	6 / 28 g	9.00	47.22		20%	7.20	37.78			
<b>• Fruit Spread, Sauce and Juice</b>													
<b><u>Fruit Juice, Organic</u></b>													
	NS	KO	EDN062	Apple	6 / 1.82 L	7.55	39.60						
	NS	KO	EDN064	Apple	12 / 946 ml	4.82	50.51						
	NS	KO	EDN068	Concord Grape	12 / 946 ml	7.30	76.55						
	NS	KO	EDN065	Montmorency Cherry	12 / 946 ml	10.54	110.62						
<b><u>Fruit Spread, Organic</u></b>													
	KO	EDN060	Apple Butter	12 / 400 ml	6.54	68.61							
	KO	EDN251	Apple Cherry Butter	12 / 400 ml	7.95	83.38							
<b><u>Apple Sauce, Organic</u></b>													
	KO	EDN270	Apple	12 / 625 ml	3.61	37.87							
	KO	EDN273	Apple Strawberry	12 / 625 ml	4.26	44.72							
	KO	EDN271	Apple Cinnamon	12 / 625 ml	4.26	44.72							
	KO	EDN272	Apple Cherry	12 / 625 ml	5.01	52.54							
<b>• Sweeteners, Salt, Condiments, Saurkraut, Oil and Vinegar</b>													
<b><u>Barley Malt Syrup, Organic</u></b>													
	KO	EDN023	Barley Malt	12 / 560 g	6.51	68.31							
<b><u>Sea Salt</u></b>													
	KO	EDN177	French Coast, Light Grey, Fine	12 / 397 g	4.94	51.86							
<b><u>Sauerkraut, Organic</u></b>													
	o	EDN229	Sauerkraut	12 / 796 ml	4.59	48.11					20%	3.67	38.49

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Mustard</b>													
		KO	EDN240	Brown, squeeze bottle	12 / 255 g	2.64	27.67						
		KO	EDN241	Yellow, squeeze bottle	12 / 255 g	2.64	27.67						
		O	EDN112	Brown, glass bottle	12 / 255 g	3.11	32.65						
		O	EDN113	Yellow, glass bottle	12 / 255 g	3.14	32.93						
<b>Oil</b>													
		KO	EDN162	Safflower Oil, Organic	12 / 473 ml	8.25	86.61						
		K	EDN115	Sesame Oil, Hot Pepper	12 / 148 ml	7.73	81.11						
		K	EDN117	Sesame Oil, Toasted	12 / 148 ml	5.11	53.66						
		K	EDN218	Sesame Oil, Toasted	12 / 295 ml	10.37	108.85						
		K	EDN189	Olive Oil, Spanish Extra Virgin	12 / 473 ml	9.69	101.75						
		K	EDN188	Olive Oil, Spanish Extra Virgin	12 / 946 ml	18.62	195.43						
<b>Vinegar</b>													
		K	EDN041	Brown Rice	12 / 296 ml	6.06	63.60						
		K	EDN151	Ume Plum	12 / 296 ml	4.20	44.10		20%	4.85	50.88		
		KO	EDN040	Apple Cider, Organic	12 / 375 ml	3.22	33.73						
		KO	EDN039	Apple Cider, Organic	12 / 750 ml	4.98	52.25						
			EDN027	Red Wine, Raw Unpasteurized	12 / 474 ml	2.50	26.22						
			EDN103	Red Wine, Raw Unpasteurized	12 / 946 ml	3.96	41.50						
<b>• Organic &amp; Wild Grain Products &amp; Snacks in reclosable pouches</b>													
<b>Popcorn, Dried Fruits, Nuts &amp; Mixes, Organic</b>													
		KO	EDN370	Popcorn, unpopped	12 / 566 g	3.47	36.36						
		H	KO	EDN280	All Mixed Up	15 / 113 g	3.64	47.69					
		H	KO	EDN281	All Mixed Up Too (Tamari)	15 / 113 g	3.45	45.28					
		H	KO	EDN282	Wild Berry Mix, no salt added	15 / 113 g	3.64	47.72					
		KO	EDN285	Cranberries	15 / 113 g	4.33	56.80						
		KO	EDN284	Montmorency Cherries	15 / 113 g	7.19	94.32						
		KO	EDN283	Wild Blueberries	15 / 113 g	10.23	134.27						
		H	KO	EDN286	Pumpkin Seeds, salted	15 / 113 g	3.27	42.88					
		H	KO	EDN287	Pumpkin Seeds - Spicy, salted	15 / 113 g	3.33	43.68					
		H	KO	EDN288	Tamari Almonds	15 / 113 g	5.94	77.88					
		H	KO	EDN289	Pistachios, salted	15 / 113 g	6.97	91.39					
<b>Whole Grains &amp; Flakes, Organic</b>													
		O	EDN363	Rye Flakes	12 / 454 g	2.91	30.46						
		O	EDN361	Kamut Flakes	12 / 454 g	3.46	36.31						
		O	EDN362	Oat Flakes	12 / 454 g	3.61	37.81						
		O	EDN364	Spelt Flakes	12 / 454 g	3.91	41.03						
		O	EDN360	Brown Rice Flakes	12 / 454 g	4.43	46.42						
		GfKO	EDN365	Buckwheat, hulled, gluten-free	12 / 454 g	3.42	35.84						
		GfKO	EDN367	Millet, yellow, gluten-free	12 / 454 g	2.65	27.75						
		GfKO	EDN366	Quinoa, Andean red, gluten-free	12 / 454 g	9.81	102.97						
		GfKO	EDN371	Quinoa, gluten-free	12 / 454 g	6.23	65.35						
		GfK	EDN368	Wild Rice	12 / 198 g	8.18	85.87						
<b>• Pasta</b>													
<b>Pasta, Japanese Traditional</b>													
		K	EDN450	100% Buckwheat Soba	12 / 227 g	8.49	89.05		20%	6.79	71.24		
<b>Pasta, Organic, 100% Whole Grain (Kamut, Quinoa, Rye, or Spelt) (Gold Label)</b>													
		KOW	EDN087	Spirals, Rye	6 / 340 g	2.90	15.20						
		KO	EDN423	Ditalini, Kamut	6 / 340 g	3.56	18.66						
		KO	EDN050	Spirals, Kamut	6 / 340 g	3.55	18.63						
		KO	EDN171	Spirals, Kamut Vegetable	6 / 340 g	3.86	20.25						
		KO	EDN086	Twisted Pair Gemelli (Kamut/Quinoa)	6 / 340 g	4.14	21.72						
		KO	EDN400	Ziti Rigati, Spelt	6 / 340 g	4.27	22.39						

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax FIR	Qty	Code	Description	Size	*Sngl	Case			Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
	KO	EDN042	Spaghetti, Biodynamic Durum Wheat	12 / 396 g	3.83	40.17								
	KO	EDN044	Spaghetti, Kamut	12 / 396 g	4.11	43.15								
	KO	EDN424	Spaghetti, Spelt	12 / 397 g	4.80	50.37								
<b><u>Pasta, Organic, Sifted Durum Wheat (Green Label)</u></b>														
	KO	EDN421	Ribbons, Artichoke	6 / 227 g	3.53	18.52								
	KO	EDN008	Ribbons, Parsley Garlic	6 / 227 g	3.53	18.53								
	KO	EDN011	Shells, Vegetable	6 / 340 g	3.86	20.25								
	KO	EDN010	Spirals, Vegetable	6 / 340 g	3.86	20.25								
<b><u>Pasta, Organic, 60% Whole Grain (Blue Label)</u></b>														
	KO	EDN422	Shells, Vegetable, Small	6 / 340 g	3.55	18.61								
	KO	EDN084	Spirals, Spinach	6 / 340 g	3.55	18.63								
	KO	EDN210	Spirals, Flax Rice	6 / 340 g	3.55	18.63								
	KO	EDN092	Alphabets, Vegetable	6 / 453 g	4.11	21.57								
	KO	EDN048	Spaghetti, Parsley Garlic	12 / 397 g	4.67	49.00								
<b>• Organic Tomato Products</b>														
<b><u>Tomatoes in Amber Glass, Organic, Grown in Canada</u></b>														
	KO	EDN460	Crushed w/ Basil	12 / 398 ml	3.06	32.04						15%	2.60	27.23
	KO	EDN461	Crushed	12 / 398 ml	3.06	32.04						15%	2.60	27.23
	KO	EDN462	Crushed w/ Basil	12 / 680 ml	4.46	46.78						15%	3.79	39.76
	KO	EDN463	Crushed	12 / 680 ml	4.46	46.78						15%	3.79	39.76
	KO	EDN464	Crushed w/ Onion & Garlic	12 / 680 ml	4.46	46.78						15%	3.79	39.76
	KO	EDN465	Pizza Pasta Sauce	12 / 398 ml	3.88	40.66						15%	3.30	34.56
<b><u>Tomatoes &amp; Pizza-Pasta Sauce, Organic - 398 ml</u></b>														
	KO	EDN173	Crushed	12 / 398 ml	2.39	25.05						15%	2.03	21.29
	KO	EDN222	Crushed with Basil	12 / 398 ml	2.39	25.05						15%	2.03	21.29
	KO	EDN032	Diced	12 / 398 ml	2.39	25.05						15%	2.03	21.29
	KO	EDN226	Diced with Basil	12 / 398 ml	2.39	25.05						15%	2.03	21.29
	KO	EDN227	Diced with Roasted Onion	12 / 398 ml	2.39	25.05						15%	2.03	21.29
	KO	EDN028	Diced with Green Chillies	12 / 398 ml	2.56	26.85						15%	2.18	22.82
	KO	EDN099	Pizza & Pasta Sauce, in can	12 / 398 ml	3.17	33.27						15%	2.69	28.28
<b><u>Spaghetti Sauce in Amber Glass, Organic</u></b>														
	KO	EDN231	Spaghetti Sauce (No Salt)	12 / 681 ml	4.70	49.33						15%	4.00	41.93
	KO	EDN230	Spaghetti Sauce	12 / 681 ml	4.70	49.33						15%	4.00	41.93
<b><u>Tomatoes, Organic - 796 ml</u></b>														
	KO	EDN026	Crushed	12 / 796 ml	3.34	35.06						15%	2.84	29.80
	KO	EDN223	Crushed with Basil	12 / 796 ml	3.34	35.07						15%	2.84	29.81
	KO	EDN225	Diced	12 / 796 ml	3.34	35.07						15%	2.84	29.81
	KO	EDN224	Crushed with Onion & Garlic	12 / 796 ml	3.34	35.07						15%	2.84	29.81
	KO	EDN220	Whole Roma	12 / 796 ml	3.34	35.07						15%	2.84	29.81
	KO	EDN221	Whole Roma with Basil	12 / 796 ml	3.34	35.07						15%	2.84	29.81
<b>• UHT Beverages - Full Cases Only</b>														
<b><u>Edensoy, Organic - Single-Serve - 3-packs</u></b>														
	DKO	EDN076	Rice & Soy Blend	9 / 3x250 ml		26.81								
	DKO	EDN073	Chocolate	9 / 3x250 ml		27.12								
	DKO	EDN070	Original	9 / 3x250 ml		24.23								
	DKO	EDN071	Vanilla	9 / 3x250 ml		25.75								
<b><u>Edensoy, Organic (EDN504 - Not available in Nova Scotia)</u></b>														
	DKO	EDN504	Rice & Soy Blend - Disco'd	12 / 946 ml		32.58								
	DKO	EDN500	Original	12 / 946 ml		29.23								
	DO	EDN505	Unsweetened	12 / 946 ml		29.23								
	DKO	EDN501	Vanilla	12 / 946 ml		31.79								

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.  
Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

## EDWARD AND SONS

*Natural and organic vegetarian foods that never contain artificial flavors or colors, chemical preservatives, or hydrogenated fats.*

*For more information, visit [www.edwardandsons.com](http://www.edwardandsons.com)*

### Bouillon Cubes

Gf	EDW040	Not-Chick'N, 8 ct	12 / 72 g	2.97	31.18								
Gf	EDW041	Garden Veggie, 8 ct	12 / 84 g	2.97	31.18								

### Gluten-free Miso-Cup - freeze-dried miso soup mix - single-servings

DGf	EDW032	Japanese Restaurant Style, 3 ct	6 / 72 g	3.86	20.31								
DGfKO	EDW030	Traditional, with Tofu, Organic, 4 ct	12 / 36 g	3.64	38.29								
DGf	EDW031	Reduced Sodium, 4 ct	12 / 29 g	3.85	40.46								

### Gluten-free Exotic Rice Toast - 12 per/cs

DGf	EDW050	Brown Rice & Spring Onion	12 / 65 g	2.72	28.61								
DGf	EDW051	Purple Rice & Black Sesame	12 / 65 g	2.72	28.61								
DGf	EDW052	Thai Red Rice & Flaxseed	12 / 65 g	2.72	28.61								

### Brown Rice Snaps - made with Organic Ingredients

o	EDW020	Black Sesame	12 / 99 g	3.91	41.11			15%	3.32	34.94			
o	EDW021	Cheddar	12 / 99 g	3.91	41.11			15%	3.32	34.94			
o	EDW023	Toasted Onion	12 / 99 g	3.91	41.11			15%	3.32	34.94			
o	EDW024	Unsalted Plain	12 / 99 g	3.91	41.11			15%	3.32	34.94			
o	EDW025	Vegetable	12 / 99 g	3.91	41.11			15%	3.32	34.94			

### Breadcrumbs, Organic

KO	EDW001	Italian Herbs	6 / 425 g	5.83	32.84								
KO	EDW002	Lightly Salted	6 / 425 g	5.83	32.84								
KO	EDW003	Panko Japanese Style	6 / 300 g	5.83	32.84								

## EMERGEN-C

*1,000 milligrams of Vitamin C plus B vitamins and 32 minerals For more information visit [www.emergenc.com](http://www.emergenc.com)*

### Vitamin C Supplement - Full Cases Only

H	EMC017	Acai Berry	30 / 7 g		16.05								
H	EMC018	Cranberry/Pomegranate	30 / 7 g		16.05								
H	EMC011	Lemon Lime	30 / 6 g		16.05								
H	EMC012	Tangerine	30 / 6 g		16.05								
H	EMC013	Tropical	30 / 6 g		16.05								
H	EMC014	Raspberry	30 / 7 g		16.05								
H	EMC015	Super Orange	30 / 7 g		16.05								
H	EMC016	Pink Lemonade	30 / 7 g		16.05								

## ENDANGERED SPECIES CHOCOLATE

*Endangered Species Chocolate was founded in 1993 in effort to spread awareness and to make an impact on the growing number of plant and animal species that are disappearing from Earth. All natural chocolate, 100% ethically traded. For more information visit [www.chocolatebar.com](http://www.chocolatebar.com)*

### • Large Bars

#### Dark Chocolate Bars, Organic

H	KO	END013	Cranberries w/ Almonds, Wolf	12 / 85 g	3.17	33.25							
---	----	--------	------------------------------	-----------	------	-------	--	--	--	--	--	--	--

#### Dark Chocolate Bars

H	K	END020	Cocoa Nibs, Bat 75%	12 / 85 g	3.17	33.25							
H	K	END021	Plain, Black Panther 88%	12 / 85 g	3.17	33.25							
H	K	END006	Mint, Rainforest	12 / 85 g	3.17	33.25							
H	K	END007	Raspberries, Grizzly Bear	12 / 85 g	3.17	33.25							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Milk Chocolate Bars</b>													
H	K	END022	Milk w/ Almonds, Sandhill Crane	12 / 85 g	3.17	33.25							
<b>Smooth (Just Chocolate) Chocolate Bars</b>													
H	K	END012	Dark, Chimpanzee	12 / 85 g	3.17	33.25							
H	K	END009	Milk, Sea Otter	12 / 85 g	3.17	33.25							
<b>• Snack Size Bars - Full Cases Only - New</b>													
<b>Dark Chocolate Bars, Organic 70%</b>													
H	DGfKO	END023	<b>Butterfly - New</b>	16 / 39 g		27.85		25%		20.89	25%		20.89
H	DGfKO	END025	<b>Koala w/ cherry - New</b>	16 / 39 g		27.85		25%		20.89	25%		20.89
H	DGfKO	END026	<b>Zebra w/ orange - New</b>	16 / 39 g		27.85		25%		20.89	25%		20.89
<b>Milk Chocolate Bars, Organic 43%</b>													
H	GfKO	END027	<b>Lion - New</b>	16 / 39 g		27.85		25%		20.89	25%		20.89
H	GfKO	END024	<b>Giraffe w/ peanut butter - New</b>	16 / 39 g		27.85		25%		20.89	25%		20.89
<b>ENJOY LIFE</b>													
<i>No gluten, wheat, dairy, eggs, soy, peanuts, tree nuts, fish or shellfish. Made in a dedicated gluten-free and nut-free facility.</i>													
<i>Enjoy superior nutrition with no artificial ingredients, GMOs, or additives. For more information visit <a href="http://www.enjoylifefoods.com">www.enjoylifefoods.com</a></i>													
<b>Cookies, Gluten-free, Nut-free</b>													
DGfKW		ENJ024	Lively Lemon	6 / 170 g	3.94	20.79					20%	3.15	16.63
DGfKW		ENJ070	Double Chocolate Brownie	6 / 170 g	3.94	20.79					20%	3.15	16.63
DGfKW		ENJ020	Gingerbread Spice	6 / 170 g	3.94	20.79					20%	3.15	16.63
DGfKW		ENJ021	Chewy Chocolate Chip	6 / 170 g	3.94	20.79					20%	3.15	16.63
DGfKW		ENJ022	No-Oats Oatmeal	6 / 170 g	3.94	20.79					20%	3.15	16.63
DGfKW		ENJ023	Snickerdoodle	6 / 170 g	3.94	20.79					20%	3.15	16.63
<b>Crunchy Cookies, Gluten-free, Nut-free, 14 cookies/box</b>													
DGfKW		ENJ026	Sugar Shortbread	6 / 179 g	4.01	21.15					20%	3.21	16.92
DGfKW		ENJ027	Chocolate Chip	6 / 198 g	4.01	21.15					20%	3.21	16.92
DGfKW		ENJ028	Double Chocolate	6 / 179 g	4.01	21.15					20%	3.21	16.92
DGfKW		ENJ029	Vanilla Honey Graham	6 / 179 g	4.01	21.15					20%	3.21	16.92
<b>Perky's Crunchy Cereal, Gluten-free, Nut-free</b>													
DGfKW		ENJ101	Crunchy Rice	12 / 283 g	3.95	41.48							
DGfKW		ENJ100	Crunchy Flax	12 / 283 g	3.95	41.48							
<b>Crunchy Granola, Gluten-free, Nut-free</b>													
DGfKW		ENJ025	Double Chocolate	6 / 340 g	5.46	28.82							
DGfKW		ENJ001	Cinnamon	6 / 365 g	5.46	28.82							
DGfKW		ENJ002	Cranapple - Disco'd	6 / 365 g	5.46	28.82	- Disco'd						
DGfKW		ENJ003	Very Berry	6 / 365 g	5.46	28.82							
<b>Trail Mix, Gluten-free, Nut-free</b>													
H	DGfKW	ENJ080	not nuts! Beach Bash	6 / 170 g	3.85	20.33							
H	DGfKW	ENJ081	not nuts! Mountain Mambo	6 / 170 g	3.85	20.33							
<b>Snack Bar, Gluten-free, Nut-free</b>													
H	DGfKW	ENJ060	Caramel Apple, 5 ct	6 / 141 g	3.85	20.33							
H	DGfKW	ENJ061	Cocoa Loco, 5 ct	6 / 141 g	3.85	20.33							
H	DGfKW	ENJ063	Sunbutter Crunch, 5 ct	6 / 141 g	3.85	20.33							
H	DGfKW	ENJ062	Very Berry, 5 ct	6 / 141 g	3.85	20.33							
<b>Chocolate Chips, Gluten-free, Nut-free</b>													
DGfKW		ENJ040	Mini-Chips, Semi-Sweet	12 / 283 g	4.34	45.84							
DGfKW		ENJ030	Mega Chunks, semi-sweet	12 / 283 g	4.34	45.84							
<b>Chocolate Chips - BULK</b>													
GfK		ENJ045	Semi-Sweet Chocolate Chips - BULK	4 / 2.27 kg	33.76	118.89							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### EVERGREEN WHEATGRASS JUICE

*Planted in the fall on organic farms, it grows very slowly through the cold Ontario winter (the cold kills mold common in indoor wheatgrass juice). For more information visit [www.evergreenjuices.com](http://www.evergreenjuices.com)*

#### Wheatgrass Juice, Frozen

F	co	EVE001	Wheatgrass Juice, 20 cubes	12 / 355 ml	14.52	158.59							
---	----	--------	----------------------------	-------------	-------	--------	--	--	--	--	--	--	--

### FARMER'S MARKET

*Enjoy the scrumptious, nutritious, ready-to-use goodness of Farmer's Market organic purees all year long. For more information visit [www.farmersmarketfoods.com](http://www.farmersmarketfoods.com)*

#### February Line Drive

#### Gluten-free Pumpkin, Sweet Potato, Butternut Squash, Canned

GROW	FAR003	Sweet Potato	12 / 397 ml	2.75	28.93								
GROW	FAR001	Pumpkin	12 / 397 ml	2.86	30.04						25%	2.06	21.70
GROW	FAR004	Butternut Squash	12 / 397 ml	2.75	28.93						25%	2.06	21.70
GROW	FAR002	Pumpkin Pie Mix	12 / 397 ml	3.20	33.59						25%	2.40	25.19

### FEVER TREE

*Premium mixers made from all natural and fresh ingredients, no artificial sweeteners, preservatives or flavourings*

*For more information visit [www.fever-tree.com](http://www.fever-tree.com)*

#### Premium, All Natural, Drink Mixers - Full Cases Only

*200 ml sizes will be available soon - Please ask your Rep*

H,NS	FTR020	Ginger Ale	8 / 500 ml	26.12									
H,NS	FTR021	Ginger Beer	8 / 500 ml	26.12									
H,NS	FTR022	Lemonade	8 / 500 ml	26.12									
H,NS	FTR023	Tonic Water	8 / 500 ml	26.12									

### FIELDGATE ORGANICS

*Sourced from 30 family farms. Organically fed, no drugs, growth hormones, GMOs or animal by-products used in feed. No chemical pesticides, herbicides, fungicides or fertilizers in fields. For more information visit [www.fieldgateorganics.com](http://www.fieldgateorganics.com)*

#### Organic Pork Sausage (5 inner-packs of 4) - Full Cases Only

F	co	FLD040	Maple Breakfast	5 / 4 ct	37.24								
F	co	FLD041	Hot	5 / 4 ct	35.75								
F	co	FLD042	Honey Garlic	5 / 4 ct	37.24								
F	co	FLD043	Plain	5 / 4 ct	37.24								

#### Organic Chicken - available in Ontario only - Full Cases Only

F	co	FLD001	Whole Chicken, 6-8 ct (35 lbs)	1 / 15.87 kg	179.11								
F	co	FLD002	Chicken Breast, bone/skinless (25 lb)	1 / 11.34 kg	365.68								

#### Organic Beef - Full Cases Only

F	co	FLD012	Lean Beef Burgers, 96 ct (1/4 lb ea.)	12 / 8 ct	164.18								
F	co	FLD022	Extra Lean Ground Beef, 5x1 lb	5 / 454 g	37.32								
F	co	FLD031	Striploin 1" Steak (5 lb)	1 / 2.27 kg	111.95								

### FILSINGER'S ORGANIC FOODS

*Apples and grapes grown without chemical herbicides and pesticides in Ayton, Ontario. Certified organic by OCIA International.*

*For more information visit [www.filsingersorganic.com](http://www.filsingersorganic.com)*

#### Niagara Grape Juice, Pure, not from concentrate

NS	co	FLS004	White Grape	12 / 945 ml	8.20	89.56							
NS	co	FLS005	Red Grape	12 / 945 ml	8.20	89.56					10%	7.38	80.60

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

**Apple Cider, Sweet, Organic**

NS	CO	FLS001	Sweet Apple Cider, 1 Q	12 / 945 ml	4.35	47.47		10%	3.92	42.72			
NS	CO	FLS002	Sweet Apple Cider, 2 Q	6 / 1.89 L	8.20	44.78		10%	7.38	40.30			
NS	CO	FLS003	Sweet Apple Cider, Gal	4 / 3.78 L	13.94	50.75		10%	12.55	45.68			

**Apple Cider Vinegar, Raw, Unfiltered, Organic**

	CO	FLS014	Apple Cider Vinegar, pint	12 500 ml	2.87	31.35							
	CO	FLS010	Apple Cider Vinegar, Q	12 / 945 ml	4.68	51.05							
	CO	FLS012	Apple Cider Vinegar, Gal	4 / 3.78 L	14.76	53.74							

**Apple Sauce & Apple Butter, Organic**

	CO	FLS020	Apple Sauce	12 / 750 ml	4.51	49.26							
	CO	FLS025	Apple Butter	12 / 500 ml	8.20	89.56							

**Apple Butter, Organic - BULK**

	CO	FLS026	Apple Butter, 30 lbs	1 / 13.6 kg	134.33								
--	----	--------	----------------------	-------------	--------	--	--	--	--	--	--	--	--

### FLOUR POWER

*For every pound of Flour Power high protein flour, a half-litre of carbon neutral bio-diesel is produced for the farmers. Ontario produced by EFAO members. For more information, visit [www.oilseedworks.com](http://www.oilseedworks.com) for recipes.*

**High Protein Flours**

	C	FPW001	Flaxseed	6 / 454 g	4.87	26.55							
	C	FPW002	Hempseed	6 / 454 g	4.87	26.55							
	C	FPW003	Sunflower	6 / 454 g	7.09	38.64							

### FONTAINE SANTÉ

*Fresh, preservative-free, foods that are rich in fibre and low in saturated fats. For more information visit [www.fontainesante.com](http://www.fontainesante.com)*

**Pesto**

R	C	FON010	Pesto	12 / 180 g	4.99	54.45							
---	---	--------	-------	------------	------	-------	--	--	--	--	--	--	--

**Vege Paté**

R	CK	FON008	Vege Paté	12 / 227 g	2.92	31.89							
R	CK	FON009	Country Vege Paté	12 / 227 g	2.92	31.89							

**Hummus Cocktail, Party-ready Hummous w/ toppings**

R	C	FON030	Roasted Pine Nuts	12 / 227 g	3.28	35.83							
R	C	FON031	Roasted Red Pepper	12 / 227 g	3.28	35.83							
R	C	FON032	Greek Olives	12 / 227 g	3.28	35.83							
R	C	FON033	Carmalized Onion	12 / 227 g	3.28	35.83							
R	C	FON034	Roasted Artichoke & Spinach	12 / 227 g	3.28	35.83							
R	C	FON035	Chipotle	12 / 227 g	3.28	35.83							

**Dips & Spreads**

R	CK	FON003	Hummus, Spicy	12 / 260 g	2.92	31.89							
R	CK	FON002	Hummus with Vegetables	12 / 260 g	2.92	31.89							
R	CK	FON001	Hummus, Traditional	12 / 260 g	2.92	31.89							
R	CK	FON012	Hummus with Roasted Red Pepper	12 / 260 g	2.92	31.89							
R	CK	FON011	Hummus with Roasted Onion	12 / 260 g	2.92	31.89							
R	CK	FON018	Hummus with Roasted Garlic	12 / 260 g	2.92	31.89							
R	C	FON019	Hummus with Eggplant & Olives	12 / 260 g	2.92	31.89							
R	CK	FON017	Hummus with 7 Peppers	12 / 260 g	2.92	31.89							
R	CK	FON004	Baba Gannouj	12 / 260 g	2.92	31.89							
R	C	FON006	Tzatziki	12 / 255 g	3.19	34.75							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### FOOD FOR LIFE

*Sprouted (flour-less) pasta and cereal. Gluten-free and sprouted (flour-less) bakery products. Ezekiel 4:9® skus are made from 6 sprouted grains and legumes. Genesis 1:29® skus are made from 19 grains and seeds from 13 lands. For more information visit [www.foodforlife.com](http://www.foodforlife.com)*

#### • Sprouted Grain Pasta and Cereal

##### Pasta, Sprouted Whole Grain

KO	FFL104	Ezekiel 4:9® Spaghetti	6 / 454 g	5.74	29.65			15%	4.88	25.20			
KO	FFL105	Ezekiel 4:9® Penne	6 / 454 g	5.90	30.63			15%	5.02	26.04			

##### Cereal, Sprouted Whole Grain Organic

KO	FFL100	Ezekiel 4:9®	6 / 454 g	6.15	32.03			15%	5.23	27.23			
KO	FFL101	Ezekiel 4:9® Golden Flax	6 / 454 g	6.15	32.03			15%	5.23	27.23			
KO	FFL102	Ezekiel 4:9® Cinn Raisin	6 / 454 g	6.71	34.88			15%	5.70	29.65			
KO	FFL103	Ezekiel 4:9® Almond	6 / 454 g	6.71	34.88			15%	5.70	29.65			

#### • Gluten-free Bakery Products - Frozen

##### Bread, Gluten-free, Wheat-free

F	GfKW	FFL006 White Rice	6 / 680 g	5.85	30.02			15%	4.97	25.52			
F	GfKW	FFL007 Rice Almond	6 / 680 g	6.62	33.89			15%	5.63	28.81			
F	GfKW	FFL008 Raisin Pecan	6 / 680 g	6.62	33.89			15%	5.63	28.81			
F	GfKW	FFL009 Brown Rice	6 / 680 g	5.85	30.02			15%	4.97	25.52			
F	GfKW	FFL010 Rice Pecan	6 / 680 g	5.85	30.02								
F	GfKW	FFL011 China Black Rice	6 / 680 g	6.62	33.89								
F	GfKW	FFL012 Bhutanese Red Rice	6 / 680 g	6.62	33.89								

##### English Muffins, Gluten-free, Wheat-free

F	GfKO	FFL025 Brown Rice	6 / 510 g	5.63	29.17			15%	4.79	24.79			
F	GfKO	FFL026 Multi Seed	6 / 510 g	5.63	29.17			15%	4.79	24.79			

##### Tortillas, Gluten-free, Wheat-free, Whole Grain

F	GfKW	FFL023 Brown Rice	12 / 340 g	3.41	35.41								
---	------	-------------------	------------	------	-------	--	--	--	--	--	--	--	--

#### • Sprouted Grain Bakery Products - Frozen

##### English Muffins, Sprouted Whole Grain

F	KO	FFL020 Ezekiel 4:9® Cinn Raisin	6 / 454 g	5.12	26.44			15%	4.35	22.47			
F	KO	FFL021 Ezekiel 4:9®	6 / 454 g	4.52	23.39			15%	3.84	19.88			

##### Tortillas, Sprouted Whole Grain

F	KO	FFL022 Ezekiel 4:9®	12 / 340 g	3.41	35.41								
F	KO	FFL024 Whole Kernal Corn	12 / 283 g	3.41	35.41								

##### Hot Dog Rolls, Sprouted Whole Grain Organic

F	KO	FFL018 Ezekiel 4:9®	6 / 454 g	4.62	24.20								
---	----	---------------------	-----------	------	-------	--	--	--	--	--	--	--	--

##### Burger Buns, Sprouted Whole Grain Organic

F	KO	FFL017 Ezekiel 4:9®	6 / 454 g	4.62	24.20								
---	----	---------------------	-----------	------	-------	--	--	--	--	--	--	--	--

##### Bread, Sprouted Whole Grain Organic

F	KO	FFL001 Ezekiel 4:9®	6 / 680 g	5.21	26.89								
F	KO	FFL002 Ezekiel 4:9® Sesame	6 / 680 g	5.21	26.89								
F	KO	FFL003 Ezekiel 4:9® Cinn Raisin	6 / 680 g	5.89	30.43			15%	5.01	25.87			
F	KO	FFL004 Genesis 1:29®	6 / 680 g	5.89	30.43			15%	5.01	25.87			
F	KO	FFL005 Ezekiel 4:9® Low Sodium	6 / 680 g	5.21	26.89			15%	4.43	22.86			

### FOUR O'CLOCK TEA

*A Quebec company specializing in organic and fair trade teas. For more information visit [www.transherb.com](http://www.transherb.com)*

##### Classic Black & Green Tea Blends 20 ct

CK	FCL201	Lemon-Black Tea	6 / 20 ct	2.86	16.22								
CK	FCL202	Earl Grey	6 / 20 ct	2.86	16.22								
CK	FCL203	English Breakfast	6 / 20 ct	2.86	16.22								
CK	FCL204	Green	6 / 20 ct	2.86	16.22								
CK	FCL205	Tea Treasure Chest	6 / 20 ct	2.86	16.22								

*Contains 4 teabags of each of the flavours, above: Lemon, Earl Grey, English Breakfast, Green; plus 4 of Darjeeling*

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Black Tea, Fair Trade, Organic - 16 count</b>													
CKOT		FCL053	Tiramisu	6 / 16 ct	3.89	21.23					20%	3.11	16.98
CKOT		FCL054	Raspberry Cream	6 / 16 ct	3.89	21.23					20%	3.11	16.98
CKOT		FCL025	Breakfast Blend	6 / 16 ct	3.89	21.23					20%	3.11	16.98
CKOT		FCL011	Earl Grey	6 / 16 ct	3.89	21.23					20%	3.11	16.98
<b>Green &amp; White Tea, Fair Trade, Organic - 16 count</b>													
CKOT		FCL055	Green Tea	6 / 16 ct	3.89	21.23					20%	3.11	16.98
CKOT		FCL056	White Pomegranate	6 / 16 ct	3.89	21.23					20%	3.11	16.98
CKOT		FCL017	Imperial White Tea	6 / 16 ct	3.89	21.23					20%	3.11	16.98
CKO		FCL012	Green Tea (Japanese)	6 / 16 ct	3.89	21.23					20%	3.11	16.98
CKOT		FCL014	Green Tea Decaf	6 / 16 ct	3.89	21.23					20%	3.11	16.98
CKOT		FCL015	Green Tea Jasmine	6 / 16 ct	3.89	21.23					20%	3.11	16.98
CKOT		FCL027	Green Tea Mint	6 / 16 ct	3.89	21.23					20%	3.11	16.98
CKOT		FCL016	Green Tea & Rooibos	6 / 16 ct	3.89	21.23					20%	3.11	16.98
<b>Chai Tea, Fair Trade, Organic - 16 count</b>													
CKOT		FCL034	Mint Chai, Caffeine Free	6 / 16 ct	3.89	21.23					20%	3.11	16.98
CKOT		FCL024	Chocolate Spice, Caffeine Free	6 / 16 ct	3.89	21.23					20%	3.11	16.98
CKOT		FCL020	Rooibos Chai, Caffeine Free	6 / 16 ct	3.89	21.23					20%	3.11	16.98
CKOT		FCL019	Green Tea Chai, Decaf	6 / 16 ct	3.89	21.23					20%	3.11	16.98
CKOT		FCL023	White Tea Chai	6 / 16 ct	3.89	21.23					20%	3.11	16.98
CKOT		FCL010	Black Tea Chai	6 / 16 ct	3.89	21.23					20%	3.11	16.98
CKOT		FCL021	Chai Tea Sampler	6 / 16 ct	3.89	21.23					20%	3.11	16.98
<i>2ea: Black Tea Chai, Green Tea Chai Decaffeinated, Rooibos Chai, White Chai</i>													
<b>Herbal Teas, Caffeine Free, Fair Trade, Organic - 16 count</b>													
CKOT		FCL026	Cranberry	6 / 16 ct	3.89	21.23					20%	3.11	16.98
CKOT		FCL001	Ginkgo Ginger	6 / 16 ct	3.89	21.23					20%	3.11	16.98
CKOT		FCL022	Licorice Spice	6 / 16 ct	3.89	21.23					20%	3.11	16.98
CKOT		FCL002	Peaceful Dreams	6 / 16 ct	3.89	21.23					20%	3.11	16.98
CKOT		FCL003	Peppermint	6 / 16 ct	3.89	21.23					20%	3.11	16.98
CKOT		FCL004	Pomegranate Echinacea	6 / 16 ct	3.89	21.23					20%	3.11	16.98
CKOT		FCL028	Rooibos	6 / 16 ct	3.89	21.23					20%	3.11	16.98
CKOT		FCL006	Sweet Camomile	6 / 16 ct	3.89	21.23					20%	3.11	16.98
<b>Energy Tea - 16 count</b>													
H	CK	FCL036	Slim Aktiv	6 / 16 ct	3.89	21.23					20%	3.11	16.98
<b>Energy Tea, Fair Trade, Organic - 16 count</b>													
CKOT		FCL033	Açai Super Berry	6 / 16 ct	3.89	21.23					20%	3.11	16.98
H	CKOT	FCL031	Blue Lagoon	6 / 16 ct	3.89	21.23					20%	3.11	16.98
H	CKOT	FCL030	Nirvana	6 / 16 ct	3.89	21.23					20%	3.11	16.98
H	CKOT	FCL032	Pomegranate	6 / 16 ct	3.89	21.23					20%	3.11	16.98
<b>Green Assortment Box, Organic - 48 count</b>													
CKO		FCL037	Organic Green, Assortment Box	6 / 48 ct	11.97	65.38							
<i>8ea: Green, Green w/ mint, Decaffeinated, Jasmine green, Green w/ rooibos, Green w/ rose</i>													
<b>Zen Assortment Box, Organic - 48 count</b>													
CKO		FCL018	Zen Assortment Box	6 / 48 ct	11.97	65.38							
<i>8ea: Peaceful Dreams, Pomegranate Echinacea, Vie en Rose, Green Bancha with Rose, Green with Jasmine, Green Rooibos</i>													
<b>• Loose Tea in Tins</b>													
<b>Whole Leaf Loose Tea, Fair Trade, Organic</b>													
CKOT		FCL048	White Tea	6 / 55 g	11.04	60.27		20%	8.83	48.22			
<b>Whole Leaf Loose Tea, Organic</b>													
CKO		FCL040	Chinese Green Tea	6 / 95 g	11.04	60.27		20%	8.83	48.22			
CO		FCL046	Japanese Sencha Green Tea	6 / 95 g	11.04	60.27		20%	8.83	48.22			
CO		FCL042	Jasmine Pearls Green Tea	6 / 130 g	13.53	73.89		20%	10.82	59.11			

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.  
Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Whole Leaf Loose Tea</b>													
	c	FCL041	Jade Oolong	6 / 120 g	11.86	64.75		20%	9.49	51.80			
• <b>Premium Pyramid Tea Bags</b> (biodegradable fabric in biodegradable pouches)													
<b>Premium Pyramid Tea, Matcha Powdered Green Tea - 15 count</b>													
	c	FCL085	Matcha Powder-Genmaicha blend	6 / 15 ct	6.91	37.71		20%	5.53	30.17			
<b>Premium Pyramid Tea, Organic - 15 count</b>													
	co	FCL089	Hojicha, Green Tea w/ roasted rice	6 / 15 ct	6.91	37.71		20%	5.53	30.17			
	co	FCL090	Kukicha, Green Tea twigs	6 / 15 ct	6.91	37.71		20%	5.53	30.17			
	co	FCL091	Sencha, Green Tea	6 / 15 ct	6.91	37.71		20%	5.53	30.17			
<b>Premium Pyramid Tea, Organic, Fair Trade - 15 count</b>													
	cOT	FCL051	Jasmine & Lotus Flower Green Tea	6 / 15 ct	6.91	37.71		20%	5.53	30.17			
	cOT	FCL088	Tropical Mango Green Tea	6 / 15 ct	6.91	37.71		20%	5.53	30.17			
	cOT	FCL083	Cucumber & Lemongrass Green Tea	6 / 15 ct	6.91	37.71		20%	5.53	30.17			
	cOT	FCL087	Lychee Ginger White Tea	6 / 15 ct	6.91	37.71		20%	5.53	30.17			
	CKOT	FCL052	Wild Berries	6 / 15 ct	6.91	37.71		20%	5.53	30.17			
	cOT	FCL081	Apricot Passion Fruit Rooibos	6 / 15 ct	6.91	37.71		20%	5.53	30.17			
	cOT	FCL082	Chamomile Citrus	6 / 15 ct	6.91	37.71		20%	5.53	30.17			
	CKOT	FCL086	Lime Ginger Mint	6 / 15 ct	6.91	37.71		20%	5.53	30.17			
	cOT	FCL080	Apple Caramel Spice Black Tea	6 / 15 ct	6.91	37.71		20%	5.53	30.17			
	CKOT	FCL084	Earl Grey Chocolate Berry Black Tea	6 / 15 ct	6.91	37.71		20%	5.53	30.17			

### FROM FARM TO TABLE

*All natural whole grain popped popcorn, dusted with natural cane sugar and sea salt, enriched with 32mg Omega 3 DHA/EPA providing a good source of Omega with only a 21g serving. Grower is Local Food Plus Certified. For more information visit [www.fromfarmtotable.ca](http://www.fromfarmtotable.ca)*

#### Gluten-free Omega 3 Popcorn

H	CGf	FFT001	Kettle Corn	15 / 112 g	2.55	34.62							
H	CGf	FFT002	Kettle Corn - Full Case Only	40 / 21 g		24.62							

### FRONTIER CO-OPERATIVE

*As a leading supplier of organic herbs and spices, we hold a leadership position, not only in the marketplace, but also in the effort to convert food producers to sustainable farming and production practices. For more information visit [www.frontiercoop.com](http://www.frontiercoop.com)*

#### • **Frontier Herbs & Spices**

##### Organic Herbs & Spices - Now in Re-sealable Pouches

ko	SPI500	Basil Leaf Flakes	6 / 10 g	3.34	18.52								
ko	SPI501	Bay Leaf, whole	6 / 3 g	4.78	26.50								
ko	SPI502	Black Pepper, med. grind	6 / 44 g	3.88	21.52								
ko	SPI503	Black Peppercorns, whole	6 / 39 g	3.34	18.52								
ko	SPI504	Cardamom Seed, ground	6 / 21 g	4.33	24.01								
ko	SPI505	Cardamom Seed, whole	6 / 28 g	4.21	23.36								
ko	SPI506	Cayenne, ground	6 / 32 g	3.73	20.69								
ko	SPI507	Red Chili Pepper, crushed	6 / 27 g	3.88	21.52								
ko	SPI508	Chili Powder	6 / 36 g	3.63	20.13								
ko	SPI509	Cinnamon, ground	6 / 30 g	3.13	17.36								
ko	SPI510	Cinnamon Sticks	6 / 22 g	3.92	21.75								
ko	SPI511	Cloves, whole	6 / 31 g	4.50	24.97								
ko	SPI512	Coriander Seed, ground	6 / 29 g	3.28	18.19								
ko	SPI513	Cumin Seed, ground	6 / 36 g	4.18	23.18								
ko	SPI514	Cumin Seed, whole	6 / 34 g	3.78	20.94								
ko	SPI515	Curry Powder	6 / 30 g	3.63	20.13								
ko	SPI516	Dill Weed, chopped	6 / 11 g	3.68	20.38								
ko	SPI517	Fennel Seed, whole	6 / 24 g	3.49	19.33								
ko	SPI518	Garam Masala	6 / 42 g	4.21	23.36								
ko	SPI519	Garlic Granules	6 / 55 g	4.87	27.04								

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax FIR	Qty	Code	Description	Size	*Sngl	Case				Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
KO		SPI520	Ginger Root, ground	6 / 26 g	3.43	19.02									
KO		SPI521	Herbes de Provence	6 / 14 g	3.63	20.13									
KO		SPI522	Italian Seasoning	6 / 12 g	3.49	19.33									
KO		SPI523	Nutmeg, ground	6 / 39 g	4.99	27.66									
KO		SPI524	Nutmeg, whole	6 / 32 g	5.32	29.49									
KO		SPI525	Onion Granules	6 / 43 g	3.83	21.24									
KO		SPI526	Oregano Leaf Flakes	6 / 10 g	3.15	17.46									
KO		SPI527	Paprika, ground	6 / 36 g	3.73	20.69									
KO		SPI528	Parsley Flakes	6 / 6 g	3.06	16.96									
KO		SPI529	Peppermill Blend	6 / 40 g	4.50	24.97									
KO		SPI530	Poppy Seed, whole	6 / 45 g	3.49	19.33									
KO		SPI531	Rosemary Leaf, whole	6 / 13 g	2.90	16.10									
KO		SPI532	Sage Leaf, rubbed	6 / 11 g	3.28	18.19									
KO		SPI533	Thyme Leaf Flakes	6 / 12 g	3.28	18.19									
KO		SPI534	Turmeric Root, ground	6 / 30 g	3.05	16.91									
<b>Misc Products - BULK</b>															
KOT		SPI285	Organic Cacao Nibs	12 / 454 g	12.24	142.58									
		SPI004	Baking Soda	12 / 454 g	2.91	33.80									
O		SPI012	Organic Cornstarch	12 / 454 g	5.46	63.54									
O		SPI016	Organic Kelp Powder	12 / 454 g	6.80	79.19									
K		SPI003	Baking Powder	12 / 454 g	14.86	173.10									
K		PSY002	Psyllium Husk, whole	12 / 454 g	9.49	110.49									
K		SPI097	White Stevia Powder	12 / 113 g	24.14	281.19									
K		SOU083	Vegetable Soup Broth Powder	12 / 454 g	9.29	108.14									
K		BAC002	Bac'uns Vegetarian Bacon Bits	12 / 454 g	8.08	94.06									
<b>Herbs &amp; Spices - BULK</b>															
K		SPI007	Bay Leaves	12 / 454 g	15.33	178.58									
K		SPI011	Cayenne (90,000 H.U.), ground	12 / 454 g	7.28	84.83									
K		SPI015	Chamomile (German)	12 / 454 g	13.92	162.14									
K		SPI018	Chili Powder (Fiesta)	12 / 454 g	9.02	105.01									
K		SPI023	Cinnamon Sticks 6"	12 / 454 g	6.53	76.06									
K		SPI030	Cumin, ground	12 / 454 g	9.63	112.14									
K		SPI032	Curry Powder	12 / 454 g	9.35	108.92									
K		SPI064	Mustard (Yellow), Whole	12 / 454 g	4.72	54.93									
<b>Organic Herbs &amp; Spices - BULK</b>															
KO		SPI005	Basil, Leaves	12 / 454 g	16.20	188.75									
KO		SPI115	Cinnamon (3% oil), Ground	12 / 454 g	6.38	74.26									
KO		SPI119	Coriander, Ground	12 / 454 g	11.16	129.97									
KO		SPI126	Fennel Seed	12 / 454 g	10.83	126.14									
KO		SPI040	Fenugreek, Whole	12 / 454 g	6.80	79.19									
KO		SPI120	Garlic, Granules	12 / 454 g	13.05	151.97									
KO		SPI043	Garlic, Powder	12 / 454 g	12.58	146.49									
KO		SPI072	Oregano, Cut and Sifted	12 / 454 g	14.86	173.10									
KO		SPI086	Paprika, Ground	12 / 454 g	11.23	130.84									
KO		SPI074	Peppermint, Cut and Sifted	12 / 454 g	12.78	148.84									
<b>Organic Fair Trade Herbs &amp; Spices - BULK</b>															
KOT		SPI103	Black Pepper, Medium Ground	12 / 454 g	15.25	177.60									
KOT		SPI019	Cinnamon Ceylon, Powder	12 / 454 g	20.49	238.70									
KOT		SPI105	Black Peppercorns	12 / 454 g	11.77	137.13									
KOT		SPI283	Ginger Root, Powder	12 / 454 g	16.06	187.11									
KOT		SPI020	Cinnamon, Ceylon, 3" Sticks	12 / 454 g	26.68	310.84									
KOT		SPI108	Tumeric Root, Powder	12 / 454 g	9.27	107.99									
KOT		SPI282	Cloves, Whole	12 / 454 g	15.25	177.64									
KOT		SPI284	Nutmeg, Ground	12 / 454 g	25.88	301.45									

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b><u>Baking Flavours (Extracts), Fair Trade</u></b>													
	KT	EXT019	Vanilla	12 / 118 ml	10.39	113.46					20%	8.31	90.77
	KT	EXT017	Vanilla	24 / 59 ml	5.77	125.88					20%	4.62	100.70
	KT	EXT022	Vanilla (no alcohol)	12 / 118 ml	11.93	130.24					20%	9.54	104.19
	KT	EXT018	Vanilla (no alcohol)	24 / 59 ml	6.62	144.58					20%	115.66	
<b>• Simply Organic</b>													
<b><u>Baking Flavours</u></b>													
	o	SMO220	Peppermint Flavour	6 / 59 ml	4.90	26.73							
	o	SMO215	Orange Flavour	6 / 59 ml	4.90	26.73							
	o	SMO210	Lemon Flavour	6 / 59 ml	4.90	26.73							
<b><u>Baking Extracts</u></b>													
	o	SMO200	Almond Extract	6 / 59 ml	5.27	28.75							
	o	SMO230	Vanilla Extract	6 / 59 ml	5.61	30.60							
	o	SMO201	Almond Extract	6 / 118 ml	6.68	36.49							
	o	SMO231	Vanilla Extract	6 / 118 ml	9.78	53.42							
<b><u>Herbs &amp; Spices - Bottles, Organic</u></b>													
	o	SMO300	Cinnamon, ground	6 / 69 g	4.86	26.52							
	o	SMO301	Cumin Seed, ground	6 / 65 g	5.47	29.84							
	o	SMO302	Garlic Powder	6 / 103 g	6.24	34.04							
	o	SMO303	Ginger Root, ground	6 / 46.5 g	5.36	29.28							
	o	SMO304	Oregano	6 / 21 g	4.77	26.03							
	o	SMO305	Black Pepper, medium grind	6 / 65.5 g	5.47	29.84							
	o	SMO306	Pepper Red, crushed	6 / 45 g	5.26	28.69							
	o	SMO309	Peppercorns, Black	6 / 75 g	5.01	27.37							
	o	SMO310	Sweet Basil Leaf	6 / 15 g	4.42	24.15							
	o	SMO311	Turmeric Root, ground	6 / 67.5 g	4.23	23.10							
	o	SMO307	Peppercorn Grinder, Black	6 / 75 g	7.51	41.00							
	o	SMO308	Peppercorn Grinder, Mixed	6 / 85 g	7.51	41.00							
<b><u>Herbs &amp; Spices - Mini-Bottles, Organic - 20 different herbs and spices</u></b>													
	o	SMO104	Cinnamon Powder (Korintje)	6 / 19 g	2.32	12.66							
	o	SMO105	Coriander Seed Powder	6 / 10 g	2.32	12.66							
	o	SMO106	Cumin Seed Powder	6 / 13 g	2.32	12.66							
	o	SMO109	Ginger Root Powder	6 / 12 g	2.32	12.66							
	o	SMO111	Ground Mustard Seed	6 / 13 g	2.32	12.66							
	o	SMO112	Oregano Leaf, Cut and Sifted	6 / 2 g	2.32	12.66							
	o	SMO114	Parsley Leaf Flakes	6 / 2 g	2.26	12.30							
	o	SMO115	Black Pepper, Medium Grind	6 / 16 g	2.32	12.66							
	o	SMO120	Turmeric Root Powder	6 / 15 g	2.32	12.66							
	o	SMO119	Whole Thyme Leaf	6 / 5.1 g	2.32	12.66							
<b><u>Herbs &amp; Spices - Mini-Bottles, Organic - 20 different herbs and spices</u></b>													
	o	SMO101	All Purpose Seasoning	6 / 12 g	2.26	12.30							
	o	SMO102	Basil Leaf, Cut and Sifted	6 / 5 g	2.26	12.30							
	o	SMO103	Chili Powder Blend	6 / 17 g	2.26	12.30							
	o	SMO107	Dill Weed, Cut and Sifted	6 / 4 g	2.41	13.14							
	o	SMO108	Garlic Powder	6 / 26 g	2.26	12.30							
	o	SMO110	Italian Seasoning	6 / 4 g	2.26	12.30							
	o	SMO113	Poultry Seasoning	6 / 9 g	2.32	12.66							
	o	SMO116	Red Chili Pepper Flakes	6 / 12 g	2.26	12.30							
	o	SMO117	Rosemary Leaf, Whole	6 / 6 g	2.32	12.66							
	o	SMO118	Sage Leaf Powder	6 / 6 g	2.26	12.30							
<b><u>Cider Mate Mulling Spice</u></b>													
	o	SMO048	Cider Mate	12 / 34 g	2.39	17.34							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b><u>Taco Seasoning (South West) Mixes</u></b>													
		KO	SMO049 Fajita	12 / 31 g	1.92	20.94		20%	1.54	16.75			
		KO	SMO053 Taco	12 / 36 g	1.92	20.94		20%	1.54	16.75			
		KO	SMO054 Spicy Taco	12 / 32 g	1.92	20.94		20%	1.54	16.75			
<b><u>Chili Seasoning Mixes</u></b>													
		o	SMO036 Sloppy Joe	12 / 24 g	1.80	19.66		20%	1.44	15.73			
		o	SMO037 Spicy Chili	12 / 33 g	1.80	19.66		20%	1.44	15.73			
		o	SMO038 Veggie Chili	12 / 33 g	1.80	19.66		20%	1.44	15.73			
<b><u>Italian Pasta Sauce Mixes</u></b>													
		KO	SMO055 Alfredo Sauce	12 / 42 g	1.97	21.43							
		KO	SMO056 Garlic Pasta Sauce	12 / 42 g	1.97	21.43							
		KO	SMO057 Sweet Basil Pesto Sauce	12 / 14 g	1.97	21.43							
<b><u>Gravy Seasoning Mixes</u></b>													
		o	SMO040 Chicken Gravy	12 / 24 g	1.80	19.66							
		o	SMO039 Brown Gravy	12 / 24 g	1.80	19.66							
		o	SMO042 Turkey Gravy	12 / 24 g	1.80	19.66							
		o	SMO041 Wild Mushroom Sauce	12 / 24 g	1.80	19.66							
<b><u>Sauces and Gravy Mixes</u></b>													
		o	SMO043 Vegetarian Brown Gravy	12 / 28 g	1.80	19.66							
		KO	SMO058 Hollandaise Sauce	12 / 28 g	1.92	20.94							
<b><u>Dip Mixes</u></b>													
		o	SMO044 Creamy Dill	12 / 19 g	1.80	19.66		20%	1.44	15.73			
		o	SMO045 French Onion	12 / 31 g	1.80	19.66		20%	1.44	15.73			
		o	SMO046 Guacamole	12 / 22 g	1.80	19.66		20%	1.44	15.73			
		o	SMO047 Ranch	12 / 42 g	1.80	19.66		20%	1.44	15.73			
<b>FRUIT D'OR</b>													
<i>Fruit d'Or is a Canadian leader in certified kosher locally sourced natural and organic berries from Quebec.</i>													
<i>Processed in a nut free facility. For more information visit <a href="http://www.fruit-dor.ca">www.fruit-dor.ca</a></i>													
<b><u>Organic Dried Fruit, 40 g Snack-packs - Full Case Only</u></b>													
H		CKO	FDO010 Cranberries, apple-sweet. - New	1 / 40 ct		40.59		15%		34.50	15%		34.50
<b><u>Organic Dried Berries, re-sealable tubs</u></b>													
H		CKO	FDO001 Cranberries, sugar sweetened	8 / 340 g	6.55	49.31					15%	5.57	41.91
H		CKO	FDO002 Cranberries, apple sweetened	8 / 340 g	6.55	49.31					15%	5.57	41.91
H		CKO	FDO003 Wild Blueberries, apple sweetened	8 / 340 g	18.87	142.02					15%	16.04	120.72
H		CKO	FDO004 Mixed Berries, apple sweetened	8 / 340 g	9.55	71.90					15%	8.12	61.12
<b><u>Organic Dried Whole Cranberries, re-sealable pouches</u></b>													
H		CKO	FDO005 Cranberries, sugar sweetened	12 / 120 g	2.41	27.21							
H		CKO	FDO006 Cranberries, apple sweetened	12 / 120 g	2.41	27.21							
<b><u>Dried Whole Cranberries, re-sealable pouches</u></b>													
H		CK	FDO007 Cranberries, sugar sweetened	12 / 170 g	2.41	27.21		15%	2.05	23.13			
<b><u>Cranberry Juice, not from concentrate</u></b>													
		CKO	FDO008 Organic Cranberry, pure	12 / 1 L	7.38	83.30		15%	6.27	70.81			
		CK	FDO009 Cranberry, pure	12 / 1 L	4.91	55.42		15%	4.17	47.11			
<b>GALAXY FOODS</b>													
<i>Cheese alternatives for today's lifestyle. For more information visit <a href="http://www.soyco.com">www.soyco.com</a></i>													
<b><u>Rice Vegan Slices (Dairy-free, Soy-Free)</u></b>													
R			SCY055 Canadian - New	12 / 190 g	3.17	34.63		20%	2.54	27.70			
R			SCY056 Cheddar - New	12 / 190 g	3.59	39.12		20%	2.87	31.30			
<b><u>Soy Vegan Slices (Dairy-Free)</u></b>													
R			SCY002 Canadian - New	12 / 190 g	3.59	39.12							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.  
Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Rice Blocks (Soy-Free)</b>													
R		SCY168	Cheddar Flavour	12 / 224 g	4.09	44.60							
R		SCY167	Mozzarella Flavour	12 / 224 g	4.09	44.60							
<b>Rice Slices (Soy-Free)</b>													
R		SCY050	Italian Flavour (was Mozzarella)	12 / 168 g	3.59	39.14							
R		SCY051	Canadian Flavour (was American)	12 / 168 g	3.50	38.17							
<b>Rice - Parmesan Shaker</b>													
R	D	SCY018	Parmesan Flavour, Grated	12 / 113 g	4.27	51.29							
<b>Rice Vegan Blocks (Dairy-free, Soy-Free)</b>													
R	D	SCY058	Cheddar-style	12 / 227 g	4.28	46.72		20%	3.42	37.38			
R	D	SCY059	Italian-style	12 / 227 g	4.28	46.72		20%	3.42	37.38			
<b>Soy Vegan Blocks (Dairy-Free)</b>													
R	D	SCY070	Cheddar Flavour	12 / 224 g	4.28	46.72							
R	D	SCY071	Mozzarella Flavour	12 / 224 g	4.28	46.72							
<b>Soy Vegan - Parmesan Shaker (Dairy-Free)</b>													
R	D	SCY017	Parmesan Flavour, Grated	12 / 113 g	3.53	84.49							
R	D	SCY019	Parmesan, Grated - Disco'd	24 / 112 g	3.53	84.49							

### GARDEIN

*Wholesome tasty plant-based foods with a meaty texture. Easy to digest, free of cholesterol, trans and saturated fats. Made from soy, wheat & pea proteins, vegetables & ancient grains (quinoa, amaranth, millet and kamut). For more information, visit [www.gardein.com](http://www.gardein.com)*

#### • Frozen Veggie Meat Substitutes

##### Turkey Style - Seasonally Available

F	C	GDN062	Stuffed Turky	8 / 454 g	5.89	45.67							
---	---	--------	---------------	-----------	------	-------	--	--	--	--	--	--	--

##### Beef Style

F	C	GDN016	Beefless Burger	8 / 340 g	4.87	37.73					15%	4.14	32.07
F	C	GDN011	Beefless Tips, Home Style	8 / 255 g	4.34	33.60					15%	3.69	28.56

##### Chick'n Style

F	C	GDN017	Barbecue Wings	8 / 255 g	4.34	33.60					15%	3.69	28.56
F	C	GDN012	Buffalo Wings	8 / 255 g	4.34	33.60					15%	3.69	28.56
F	C	GDN014	Chick'n Scallopini	8 / 285 g	4.34	33.60					15%	3.69	28.56

##### Chick'n Style Crispy

F	C	GDN018	Mandarin Orange	8 / 300 g	4.34	33.60					15%	3.69	28.56
F	C	GDN019	Chipotle Lime Fingers	8 / 270 g	4.34	33.60					15%	3.69	28.56
F	C	GDN015	Crispy Tenders, Seven Grain	8 / 255 g	4.34	33.60					15%	3.69	28.56

##### Chick'n Style -BULK / FOODSERVICE

F	C	GDN001	Chick'n Strips, BULK	1 / 4.5 kg	50.77								
---	---	--------	----------------------	------------	-------	--	--	--	--	--	--	--	--

### GARDEN GATE

*Fresh, Ontario grown, 100% pure, certified organic juices with live enzymes. Non-pasteurized, ready-to-drink. Grown year round in controlled environment. Wheatgrass has superior sweet taste, Broccoli has Sulforaphane. Visit: [www.gardengatefarms.com](http://www.gardengatefarms.com)*

#### Fresh Wheatgrass & Sprout Juices (units in box are unlabelled) - Full Boxes Only

R		GGF001	Wheatgrass (7x33 ml)	1 / 7ct	11.31								
R		GGF002	Broccoli Sprout (7x33 ml)	1 / 7ct	11.31								

### GARDEN OF EATIN'

*Made with organic corn, no trans fat or hydrogenated oils. Kosher certified. For more information visit [www.gardenofeatin.com](http://www.gardenofeatin.com)*

#### January Line Drive

##### Little Bear - Baked Cheese Snacks, Natural - Full or Half Cases Only

H	K	GDE011	Crunchitos, Extra Cheddar	12 / 170 g	3.80	42.83		15%	3.23	36.41			
H	K	GDE010	Cheddar Puffs, original baked	12 / 127 g	3.82	43.13		15%	3.25	36.66			

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

**Garden Of Eatin' Organic Chips - Full or Half Cases Only**

H	KO	GDE006	Sesame Blues	12 / 212 g	3.82	43.15		15%	3.25	36.68			
H	KO	GDE008	Multigrain Everything	12 / 255 g	3.82	43.15		15%	3.25	36.68			
H	KO	GDE001	Black Bean Tortilla Chips	12 / 212 g	3.82	43.15		15%	3.25	36.68			
H	KO	GDE007	Baked Yellow Chips with Flax Seed	12 / 198 g	3.82	43.15		15%	3.25	36.68			
H	KO	GDE005	Red Hot Blue Chips	12 / 255 g	3.83	43.26		15%	3.26	36.77			
H	KO	GDE003	Guacamole	12 / 255 g	3.83	43.26		15%	3.26	36.77			
H	KO	GDE002	Blue Corn Chips	12 / 255 g	3.83	43.26		15%	3.26	36.77			

**GLUTENFREEDA - NEW**

*A unique wheat/gluten-free food manufacturer that produces gourmet gluten-free products that taste absolutely authentic. All wholesome, "Real" ingredients. Great food and great taste begins with quality ingredients. For more information visit [www.glutenfreedafoods.com](http://www.glutenfreedafoods.com)*

**January February Line Drive**

**Frozen Burritos, Gluten-free - New**

H	F	GfW	<b>GLF007 Bean &amp; Cheese - New</b>	12 / 112 g	3.15	33.15		20%	2.52	26.52	15%	2.68	28.18
H	F	GfW	<b>GLF008 Vegetarian Dairy Free - New</b>	12 / 128 g	3.15	33.15		20%	2.52	26.52	15%	2.68	28.18

**Frozen Pizza Wrap, Gluten-free - New**

H	F	GfW	<b>GLF009 Three Cheese - New</b>	12 / 113 g	3.24	34.10		20%	2.59	27.28	15%	2.75	28.99
---	---	-----	----------------------------------	------------	------	-------	--	-----	------	-------	-----	------	-------

**Frozen Cheesecake, Gluten-free - New**

H	F	GfW	<b>GLF010 New York - New</b>	12 / 113 g	3.26	34.30		15%	2.77	29.16	15%	2.77	29.16
H	F	GfW	<b>GLF011 Chocolate Truffle - New</b>	12 / 113 g	3.26	34.30		15%	2.77	29.16	15%	2.77	29.16
H	F	GfW	<b>GLF012 Strawberry Swirl - New</b>	12 / 113 g	3.26	34.30		15%	2.77	29.16	15%	2.77	29.16

**Honey Granola, Gluten-free - New**

H		GfKW	<b>GLF055 Cranberry Cashew - New</b>	8 / 298 g	5.68	39.79		15%	4.83	33.82	15%	4.83	33.82
H		GfKW	<b>GLF056 Raisin Almond - New</b>	8 / 298 g	5.68	39.79		15%	4.83	33.82	15%	4.83	33.82
H		GfKW	<b>GLF057 Apple Almond - New</b>	8 / 298 g	5.68	39.79		15%	4.83	33.82	15%	4.83	33.82

**Instant Oatmeal, Gluten-free - New**

H		GfKW	<b>GLF050 Variety Pack - New</b>	8 / 300 g	5.22	36.61		15%	4.44	31.12	20%	4.18	29.29
H		GfKW	<b>GLF051 Maple Raisin w/ flax - New</b>	8 / 300 g	5.22	36.61		15%	4.44	31.12	20%	4.18	29.29
H		GfKW	<b>GLF052 Banana Maple w/ flax - New</b>	8 / 300 g	5.22	36.61		15%	4.44	31.12	20%	4.18	29.29
H		GfKW	<b>GLF053 Apple Cinnamon w/ flax - New</b>	8 / 300 g	5.22	36.61		15%	4.44	31.12	20%	4.18	29.29
H		GfKW	<b>GLF054 Natural/Plain - New</b>	8 / 300 g	5.22	36.61		15%	4.44	31.12	20%	4.18	29.29

**GLUTINO**

*Gluten-Free Products for those with Celiac Disease and those who follow a gluten and wheat-free diet so your family can enjoy great tasting 100% gluten-free meals that fit today's busy lifestyles. For more information visit [www.glutino.com](http://www.glutino.com)*

**• Frozen Gluten-free Products**

**Premium Bagel**

F	CGf	GLT013	NY Style Multigrain	6 / 650 g	5.78	32.61		15%	4.91	27.72			
F	CGf	GLT003	Poppy Seed	6 / 650 g	5.78	32.61		15%	4.91	27.72			
F	CGf	GLT004	Cinnamon and Raisin	6 / 700 g	5.78	32.61		15%	4.91	27.72			
F	CGf	GLT001	Plain	6 / 650 g	5.78	32.61		15%	4.91	27.72			
F	CGf	GLT002	Sesame	6 / 650 g	5.78	32.61		15%	4.91	27.72			

**Genius Sandwich Bread**

F	CGfKW	GLT117	White Sandwich	6 / 392 g	5.12	28.88							
F	CGfKW	GLT118	Multi Grain Sandwich	6 / 392 g	5.12	28.88							

**Premium Bread**

F	CGf	GLT105	Harvest Corn (was Plain)	6 / 540 g	6.11	34.47							
F	CGf	GLT106	Flax Seed	6 / 600 g	6.11	34.47							
F	CGf	GLT107	Cinnamon Raisin	6 / 640 g	6.11	34.47							
F	CGf	GLT108	Fiber	6 / 575 g	6.11	34.47							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Frozen Gluten-free Donuts</b>													
F	CGW	GLT028	Original Glazed	6 / 340 g	4.94	27.90							
F	CGW	GLT029	Chocolate Glazed	6 / 485 g	4.94	27.90							
<b>English Muffins, Corn Based</b>													
F	CGf	GLT012	English Muffins, 6-Pack	6 / 485 g	5.65	31.90							
<b>Pizza Crust, Corn Based</b>													
F	CGf	GLT110	Pizza Crusts, 4-pack	6 / 375 g	6.11	34.47							
<b>Pizza, Brown Rice Crust</b>													
H	F	CDGf	GLT305	BBQ Chicken	6 / 175 g	5.39	30.39				15%	4.58	25.83
F	F	CDGf	GLT303	Spinach & Soy Cheese	6 / 175 g	5.13	28.97				15%	4.36	24.62
F	F	CDGf	GLT304	Three Cheese	6 / 175 g	5.13	28.97				15%	4.36	24.62
<b>Pizza</b>													
F	CGW	GLT306	Pepperoni Pizza	6 / 175 g	5.39	30.39					15%	4.58	25.83
F	CGf	GLT301	Duo Cheese	6 / 175 g	5.13	28.97					15%	4.36	24.62
F	CGf	GLT302	Spinach and Feta	6 / 175 g	5.13	28.97					15%	4.36	24.62
<b>Pasta Entrees</b>													
F	CGf	GLT310	Macaroni 'n' Cheese	6 / 300 g	4.39	24.79							
F	CGf	GLT311	Penne with Alfredo Sauce	6 / 300 g	5.02	28.34							
<b>Chicken and Pasta Entrees</b>													
F	CGf	GLT320	Chicken Alfredo	6 / 260 g	5.50	31.01							
F	CGf	GLT323	Chicken Pad Thai	6 / 200 g	5.50	31.01							
<b>• Shelf Stable Gluten-free Products</b>													
<b>Bars, Organic, made with Corn and Rice Cereal, 5-pack</b>													
H	CGRO	GLT140	Chocolate and Banana, 5ct	6 / 200 g	5.01	28.27							
H	CGRO	GLT141	Chocolate and Peanut Butter, 5ct	6 / 140 g	5.01	28.27							
H	CGRO	GLT142	Wildberry, 5ct	6 / 200 g	5.01	28.27							
<b>Bars, Breakfast, 5-pack</b>													
H	CGf	GLT024	Cherry, 5ct	12 / 200 g	5.14	57.95		15%	4.37	49.26			
H	CGf	GLT025	Strawberry, 5ct	12 / 200 g	5.14	57.95		15%	4.37	49.26			
H	CGf	GLT020	Apple, 5ct	12 / 200 g	5.14	57.95		15%	4.37	49.26			
H	CGf	GLT021	Blueberry, 5ct	12 / 200 g	5.14	57.95		15%	4.37	49.26			
<b>Chocolate Candy Bars</b>													
H	CGIK	GLT250	Dark Chocolate	12 / 125 g	4.23	47.67							
H	CGIK	GLT251	Milk Chocolate	12 / 125 g	4.23	47.67							
H	CGIK	GLT252	Chocolate Peanut Butter	12 / 125 g	4.23	47.67							
<b>Wafer Cookies</b>													
	CGIK	GLT090	Chocolate Cream, chocolate coated	12 / 130 g	3.85	43.42					15%	3.27	36.91
	CDKGf	GLT091	Lemon Cream	12 / 200 g	3.85	43.42					15%	3.27	36.91
	CGIK	GLT092	Vanilla Cream, chocolate coated	12 / 130 g	3.85	43.42					15%	3.27	36.91
<b>Cookies, Dreams</b>													
	CGIK	GLT037	Chocolate Chip	12 / 245 g	4.98	56.18					15%	4.23	47.75
	CGIK	GLT038	Vanilla Creme	12 / 300 g	4.98	56.18					15%	4.23	47.75
	CGIK	GLT039	Chocolate Vanilla Creme	12 / 300 g	4.98	56.18					15%	4.23	47.75
<b>Chocolate &amp; Yogurt Covered Pretzels</b>													
H	CGIKW	GLT123	Pretzels, Chocolate Coated	12 / 156 g	5.29	59.73					15%	4.50	50.77
H	CGIKW	GLT124	Pretzels, Yogurt Coated	12 / 156 g	5.29	59.73					15%	4.50	50.77
<b>Bagel Chips</b>													
	CGIK	GLT094	Parmesan & Garlic	6 / 170 g	3.85	21.71					15%	3.27	18.45
	CGIK	GLT095	Original	6 / 170 g	3.85	21.71					15%	3.27	18.45
<b>Pretzels</b>													
H	CGIK	GLT120	Pretzels	20 / 75 g	2.20	41.35					15%	1.87	35.15
H	CGIK	GLT121	Pretzels, Family Size	12 / 400 g	7.46	84.18					15%	6.34	71.55
H	CGIK	GLT122	Pretzel Sticks	12 / 400 g	7.46	84.18					15%	6.34	71.55

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Crackers</b>													
	CGfKW	GLT194	Table Crackers	12 / 200 g	3.52	39.70		15%	2.99	33.75			
	CGf	GLT190	Original	6 / 125 g	3.91	22.07		15%	3.32	18.76			
	CGf	GLT191	Cheddar	6 / 125 g	3.91	22.07		15%	3.32	18.76			
	CGf	GLT192	Multigrain	6 / 125 g	3.91	22.07		15%	3.32	18.76			
	CGf	GLT193	Vegetable	6 / 125 g	3.91	22.07		15%	3.32	18.76			
<b>Sensible Beginnings, Corn &amp; Rice Flakes</b>													
	CGfKW	GLT202	Original	6 / 284 g	4.90	27.65		15%	4.17	23.50			
	CGfKW	GLT203	Berry	6 / 284 g	4.90	27.65		15%	4.17	23.50			
	CGfKW	GLT204	Frosted	6 / 312 g	4.90	27.65		15%	4.17	23.50			
<b>Cereal</b>													
	CGf	GLT200	Apple Cinnamon O's	6 / 285 g	5.17	29.16		15%	4.39	24.79			
	CGf	GLT201	Honey Nut O's	6 / 336 g	5.17	29.16		15%	4.39	24.79			
<b>Baking Mixes</b>													
	CGf	GLT080	Cake Mix, Chocolate	10 / 375 g	5.03	47.26							
	CGf	GLT085	Muffin Mix	10 / 575 g	5.03	47.26							
	CGf	GLT086	Pancake Mix	10 / 500 g	5.03	47.26							
<b>Bread Crumbs</b>													
	CDKGf	GLT129	Bread Crumbs	12 / 336 g	3.54	39.88							
<b>• Gluten-Free Pantry</b>													
<b>Bread &amp; Pizza Dough Mix</b>													
	CGf	GFP020	Favourite Sandwich Bread	6 / 624 g	4.35	24.55							
	CGf	GFP021	French Bread & Pizza Dough	6 / 624 g	4.35	24.55							
<b>Dessert Baking Mix</b>													
	CGf	GFP002	Chocolate Chip Cookie & Cake	6 / 540 g	4.35	24.55							
	CGf	GFP003	Chocolate Truffle Brownie	6 / 454 g	4.35	24.55							
	CGf	GFP006	Old-Fashioned Cake & Cookie	6 / 425 g	4.35	24.55							
	CGf	GFP007	Perfect Pie Crust	6 / 454 g	4.35	24.55							
<b>GOGO QUINOA</b>													
<i>GoGoQuinoa™ offers a wide range of Organic, Gluten free and fairly traded products made from the quinoa and amaranth grain that are manufactured in Bolivia. All GoGo Quinoa Products are Gluten-Free. For more information visit <a href="http://www.gogoquinoa.com">www.gogoquinoa.com</a></i>													
<b>• Mixes (FT = Word Fair Trade Organisation, WFTO)</b>													
<b>Pancake Mix, Organic</b>													
	CDGfO	GGQ103	3 Grain	8 / 500 g	6.59	48.77		15%	5.60	41.45			
<b>Quinoa Burger Mix, FT</b>													
	CGfT	GGQ027	Burger Mix, FT	8 / 375 g	6.51	48.16					15%	5.53	40.94
<b>Quinoa Soup Mix, Organic, FT</b>													
	CDGf	GGQ062	Minestrone, serves 4, FT	12 / 140 g	3.30	36.58		15%	2.81	31.09			
	CDGf	GGQ063	Mushroom & Quinoa, serves 5, FT	12 / 80 g	3.38	37.49		15%	2.87	31.87			
	CDGfT	GGQ060	Cream of Quinoa - Disco'd	12 / 130 g	3.96	43.89	- Disco'd						
	CGfT	GGQ061	Quinoa and Vegetables, FT	12 / 130 g	3.96	43.89		15%	3.37	37.31			
<b>Granissimo - Quinoa Entrée Mixes, Organic, FT</b>													
	CDGfOT	GGQ200	5 Grains, FT	8 / 400 g	4.45	32.92							
	CDGfT	GGQ201	Vegetarian Paella, 80% organic, FT	8 / 200 g	4.12	30.48					15%	3.50	25.91
	CDGfOT	GGQ202	Basmati Wild Quinoa Pilaf, FT	8 / 200 g	3.55	26.22					15%	3.02	22.29
<b>• Cereals, Cookies and Snacks</b>													
<b>Hot Cereal, Organic</b>													
	CDGfO	GGQ102	4 Grain	6 / 360 g	6.59	36.58		15%	5.60	31.09			

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Quinoa Snacks, Sweet Crunchies with Rice, Organic</b>													
H	CGFO	GGQ012	Original - Disco'd	15 / 100 g	2.69	37.26	- Disco'd						
H	CGFO	<b>GGQ013</b>	<b>Cinnamon - New Size</b>	6 / 99 g	2.49	14.91							
H	CGFO	<b>GGQ014</b>	<b>Chocolat - New Size</b>	6 / 99 g	2.49	14.91		15%	2.11	12.67	15%	2.11	12.67
H	CGFO	GGQ011	Cinnamon	15 / 100 g	2.69	37.26	sub w/ GGQ013						
	CGFO	GGQ100	Chocolat	8 / 225 g	5.27	39.02	sub w/ GGQ014	15%	4.48	33.17	15%	4.48	33.17
<b>Snack Puffs, Organic</b>													
	CGFO	GGQ050	Amaranth Puffs	6 / 180 g	3.30	18.29		20%	2.64	14.63	20%	2.64	14.63
	CGFO	GGQ031	Quinoa Puffs	6 / 180 g	3.50	19.39							
<b>Gluten-free Crunchy Muesli, 70% Organic</b>													
	CDGFOW	GGQ101	Muisli Crunchy 5 Grains	8 / 300 g	5.93	43.89							
<b>Quinoa Cookies, individually wrapped</b>													
	CDGFW	GGQ080	Chocolate Chip	6 / 198 g	5.36	29.72							
	CDGFW	GGQ081	Orange Essence	6 / 198 g	5.36	29.72							
<b>• Pasta (FT = Word Fair Trade Organisation, WFTO)</b>													
<b>Pasta, FT</b>													
	CGf	GGQ023	Amaranth Penne, FT	12 / 227 g	2.99	33.10					15%	2.54	28.14
<b>Quinoa &amp; Rice Pasta, Organic</b>													
	CGFKO	GGQ020	Fusilli	12 / 227 g	2.99	33.10					15%	2.54	28.14
	CGFKO	GGQ026	Macaroni, Red & White, FT	12 / 227 g	2.99	33.10					15%	2.54	28.14
	CGFKO	GGQ022	Spaghetti	12 / 227 g	2.99	33.10					15%	2.54	28.14
	CGFO	GGQ024	Anelli Veggie Pasta (little rings) FT	12 / 300 g	4.63	51.39		20%	3.70	41.11	15%	3.94	43.68
			<i>Made with organic beet &amp; spinach powder,</i>										
<b>Quinoa &amp; Rice Pasta, Organic - BULK is the same product as retail packaged</b>													
	CGFKO	<b>GGQ046</b>	<b>Macaroni FT - New</b>	1 / 5 kg	57.91								
	CGFKO	<b>GGQ047</b>	<b>Spaghetti - New</b>	3 / 5 kg	57.91								
<b>• Flakes, Flours and Grains (FT = Word Fair Trade Organisation, WFTO)</b>													
<b>Quinoa Flakes, hot cereal, Organic, FT</b>													
	CGFKO	GGQ035	Quinoa Flakes (like oatmeal), FT	6 / 350 g	5.44	30.18		15%	4.62	25.65			
	CGFO	GGQ037	Red Quinoa Flakes, instant, FT	8 / 1 kg	9.57	70.83							
	CGFO	GGQ038	Quinoa Flakes BULK, FT	1 / 7 kg	59.85								
<b>Grains, Organic</b>													
	DGFOW	GGQ073	Kaniwa (Baby Quinoa)	8 / 500 g	5.44	40.24					10%	4.90	36.22
	CGFO	GGQ055	Amaranth Grain	8 / 500 g	4.78	35.36					10%	4.30	31.82
	CGFO	GGQ042	Quinoa Grain, Red	8 / 500 g	5.93	43.89							
	CGFO	GGQ045	Quinoa Grain, Black	8 / 500 g	5.93	43.89							
	CGFO	GGQ071	Quinoa Grain, Red & White	8 / 500 g	5.93	43.89							
	CGFO	GGQ041	Quinoa Grain, FT	8 / 500 g	4.78	35.36					10%	4.30	31.82
<b>Quinoa Flour</b>													
	CGFO	GGQ043	Quinoa Flour	8 / 500 g	6.59	48.77							
<b>GOOD HEALTH</b>													
<i>Natural and organic healthy snacks. For more information visit <a href="http://www.goodhealthnaturalfoods.com">www.goodhealthnaturalfoods.com</a></i>													
<b>Veggie Snax</b>													
H		GHF001	Veggie Chips	12 / 198 g	3.84	43.29							
H		<b>GHF003</b>	<b>Pizza Veggie Stix - New</b>	12 / 170 g	3.84	43.29							
H		GHF002	Veggie Stix	12 / 170 g	3.84	43.29							
<b>GRAINHARVEST</b>													
<i>Slowly fermented to break down the complex carbohydrates making the bread easier to digest. Visit <a href="http://www.grainharvest.on.ca">www.grainharvest.on.ca</a></i>													
<b>Frozen Organic Pizza Dough</b>													
F	CO	GHV003	Whole Grain	24 / 400 g	2.70	62.69							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### GREEK GODS

*Traditional Greek yogurt with 5 active probiotic cultures. Made in British Columbia from 100% Canadian milk, milk powder and cream.*

*For more information visit [greekgodsyogurt.ca](http://greekgodsyogurt.ca)*

**Traditional Greek Yogurt - Made from Certified Organic Milk - Extra Rich 10% MF - Full Cases Only**

R	co	GRK001	Traditional Plain, 100% org	6 / 650 g		34.76							
<b><u>Traditional Greek Yogurt - Extra Rich 10% MF - Full Cases Only</u></b>													
R	C	GRK004	Honey Vanilla Flavour	6 / 650 g		37.45							
R	C	GRK003	Honey Strawberry Flavour	6 / 650 g		37.45							
R	C	GRK002	Honey Flavour, 89% org - Disco'd	6 / 650 g		31.48				sub w/ GRK005			
R	C	GRK005	Honey Flavour - New	6 / 650 g		34.76							

### GREEN BEAVER

*Certified Organic skincare products. No animal or animal derived ingredients, except for beeswax.*

*Produced in Ontario w/organic or wildcrafted ingredients. For more information visit [www.greenbeaver.com](http://www.greenbeaver.com)*

**• Organic Hair & Body Care**

**Organic Shampoo**

H	CGfOTW	GNB206	Cranberry Delight 12/cs	12 / 250 ml	7.56	82.57							
H	CGfOTW	GNB207	Fresh Mint 12/cs	12 / 250 ml	7.56	82.57							
H	CGfOTW	GNB208	Lavender Rosemary 12/cs	12 / 250 ml	7.56	82.57							

**Organic Shampoo**

H	CGfOTW	GNB203	Cranberry Delight	6 / 250 ml	6.41	38.42				sub w/ GNB206			
H	CGfOTW	GNB204	Fresh Mint - Disco'd	6 / 250 ml	6.41	38.42				sub w/ GNB207			
H	CGfOTW	GNB205	Lavender Rosemary	6 / 250 ml	6.41	38.42				sub w/ GNB208			

**Organic Conditioner**

H	CGfOTW	GNB216	Cranberry Delight 12/cs	12 / 250 ml	7.56	82.57							
H	CGfOTW	GNB217	Fresh Mint 12/cs	12 / 250 ml	7.56	82.57							
H	CGfOTW	GNB218	Lavender Rosemary 12/cs	12 / 250 ml	7.56	82.57							

**Organic Conditioner**

H	CGfOTW	GNB213	Cranberry Delight	6 / 250 ml	6.41	38.42				sub w/ GNB216			
H	CGfOTW	GNB214	Fresh Mint	6 / 250 ml	6.41	38.42				sub w/ GNB217			
H	CGfOTW	GNB215	Lavender Rosemary	6 / 250 ml	6.41	38.42				sub w/ GNB218			

**Organic Body Lotion**

H	CGfOTW	GNB226	Cranberry Delight 12/cs	12 / 250 ml	7.56	82.57					15%	6.43	70.18
H	CGfOTW	GNB227	Fresh Mint 12/cs	12 / 250 ml	7.56	82.57					15%	6.43	70.18
H	CGfOTW	GNB228	Lavender Rosemary 12/cs	12 / 250 ml	7.56	82.57					15%	6.43	70.18

**Organic Body Lotion**

H	CGfOTW	GNB223	Cranberry Delight	6 / 250 ml	6.41	38.42				sub w/ GNB226	15%	5.45	32.66
H	CGfOTW	GNB224	Fresh Mint	6 / 250 ml	6.41	38.42				sub w/ GNB227	15%	5.45	32.66
H	CGfOTW	GNB225	Lavender Rosemary	6 / 250 ml	6.41	38.42				sub w/ GNB228	15%	5.45	32.66

**Organic Body Wash**

H	CGfOTW	GNB236	Cranberry Delight 12/cs	12 / 250 ml	7.56	82.57					15%	6.43	70.18
H	CGfOTW	GNB237	Fresh Mint 12/cs	12 / 250 ml	7.56	82.57					15%	6.43	70.18
H	CGfOTW	GNB238	Lavender Rosemary 12/cs	12 / 250 ml	7.56	82.57					15%	6.43	70.18

**Organic Body Wash**

H	CGfOTW	GNB233	Cranberry Delight	6 / 250 ml	6.41	38.42				sub w/ GNB236	15%	5.45	32.66
H	CGfOTW	GNB234	Fresh Mint	6 / 250 ml	6.41	38.42				sub w/ GNB237	15%	5.45	32.66
H	CGfOTW	GNB235	Lavender Rosemary	6 / 250 ml	6.41	38.42				sub w/ GNB238	15%	5.45	32.66

**Bath Oil**

	co	GNB039	Boreal Forest Bath Oil	6 / 120 ml	9.64	52.66							
--	----	--------	------------------------	------------	------	-------	--	--	--	--	--	--	--

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax FIR	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b><u>Foaming Hand Wash</u></b>													
H	CO	GNB240	Fresh Mint	6 / 250 ml	5.60	30.55							
H	CO	GNB241	Cranberry Delight	6 / 250 ml	5.60	30.55							
H	CO	GNB242	Lavender Rosemary	6 / 250 ml	5.60	30.55							
H	CO	GNB244	Fresh Mint Refill	6 / 770 ml	11.20	61.10							
H	CO	GNB245	Cranberry Delight Refill	6 / 770 ml	11.20	61.10							
H	CO	GNB246	Lavender Rosemary Refill	6 / 770 ml	11.20	61.10							
<b><u>Chemical-free Sunscreen, Organic, Gluten-Free</u></b>													
H	CGFO	GNB280	SPF 30 Sunscreen	12 / 90 ml	15.40	168.00							
H	CGFO	GNB281	Kids SPF 30 Sunscreen	12 / 90 ml	15.40	168.00							
<b><u>Hair Care, Organic, Gluten-Free</u></b>													
H	CGFO	GNB250	Shampoo	6 / 240 ml	6.89	37.62							
H	CGFO	GNB251	Conditioner	6 / 240 ml	6.89	37.62							
<b><u>Skin Care, Organic, Gluten-Free</u></b>													
H	CGFO	GNB252	Body Lotion	6 / 240 ml	6.89	37.62							
H	CGFO	GNB253	Body Wash	6 / 240 ml	6.89	37.62							
<b><u>Toothpaste</u></b>													
H	CO	GNB004	Cilantro Mint Toothpaste	12 / 75 ml	4.28	46.75							
H	CO	GNB001	Frosty Mint Toothpaste	12 / 75 ml	4.28	46.75							
H	CO	GNB003	Green Apple Toothpaste	12 / 75 ml	4.28	46.75							
H	CO	GNB005	Star Anise Toothpaste	12 / 75 ml	4.28	46.75							
H	CO	GNB002	Zesty Orange Toothpaste	12 / 75 ml	4.28	46.75							
<b><u>Deodorant, Propylene Glycol Free</u></b>													
H	CO	GNB014	Sport 24 Citrus	12 / 50 g	4.81	52.48							
H	CO	GNB015	Sport 24 Lavender	12 / 50 g	4.81	52.48							
H	CO	GNB017	Sport 24 Tea Tree	12 / 50 g	4.81	52.48							
H	CO	GNB018	Sport 24 Wild Yam	12 / 50 g	4.81	52.48							
H	CO	GNB013	Sport 24 Unscented	12 / 50 g	4.81	52.48							
<b><u>Green Beaver Jr</u></b>													
H	CO	GNB330	Gentle Shampoo	6 / 240 ml	7.00	38.19							
H	CO	GNB331	Foaming Hand Wash	6 / 240 ml	5.60	30.55							
H	CO	GNB332	Foaming Body Wash	6 / 240 ml	7.00	38.19							
H	CO	GNB333	Bubble Bath	6 / 240 ml	6.30	34.37							
H	CO	GNB334	Conditioning Detangler	6 / 240 ml	7.00	38.19							
H	CO	GNB335	Boreal Berry Lip Balm	18 / 4 g	2.80	45.82							
<b><u>Mint Lip Shimmer, Organic, vegan - Full Cases Only</u></b>													
H	CDO	GNB051	Mint Amour	8 / 2.7 g		30.77							
H	CDO	GNB052	Mint Bordeaux	8 / 2.7 g		30.77							
H	CDO	GNB053	Mint Lustre (colourless)	8 / 2.7 g		30.77							
H	CDO	GNB054	Mint Mocha	8 / 2.7 g		30.77							
H	CDO	GNB055	Mint Passion	8 / 2.7 g		30.77							
H	CDO	GNB056	Mint Rosé	8 / 2.7 g		30.77							
<b><u>Cranberry Lip Shimmer, Organic, vegan, peppermint-free - Full Cases Only</u></b>													
H	CDO	GNB062	Cranberry Amour	8 / 2.7 g		30.77							
H	CDO	GNB060	Cranberry Bordeaux	8 / 2.7 g		30.77							
H	CDO	GNB065	Cranberry Lustre (colourless)	8 / 2.7 g		30.77							
H	CDO	GNB063	Cranberry Mocha	8 / 2.7 g		30.77							
H	CDO	GNB061	Cranberry Passion	8 / 2.7 g		30.77							
H	CDO	GNB064	Cranberry Rose	8 / 2.7 g		30.77							
<b><u>Boreal Skin Care (was Après Ski)</u></b>													
H	CGIOTW	GNB045	Face Cream	12 / 40 ml	11.00	120.18							
H	CGIOTW	GNB046	Body Lotion	12 / 240 ml	11.00	120.18							
H	CO	GNB305	Hand Balm & Size	6 / 40 g	6.87	37.53							
H	CO	GNB044	Lip Balm	18 / 10 g	3.43	56.15							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Après Ski - Winter Skincare</b>													
H	CO	GNB040	Bath Therapy	6 / 165 g	7.38	40.30							
H	CO	GNB304	Cheek Balm	12 / 17 g	5.84	70.00							
<b>Facial Care</b>													
H	CO	GNB031	Makeup Remover, Eye and Face	6 / 120 ml	11.35	61.98					15%	9.65	52.68
H	CO	GNB022	Green Tea Moisturizer w/ Aloe Vera	6 / 120 ml	11.35	61.98					15%	9.65	52.68
H	CO	GNB021	Grapefruit-Bamboo Facial Scrub	6 / 60 ml	11.35	61.98					15%	9.65	52.68
H	CO	GNB020	Grapefruit Facial Cleanser	6 / 120 ml	11.35	61.98					15%	9.65	52.68
H	CO	GNB023	Blemish Mousse	12 / 50 ml	11.35	123.95					15%	9.65	105.36
<b>Gardener's Skincare, no added scent</b>													
H	CO	GNB302	Balm (for hands & heels)	6 / 50 g	6.89	37.62							
H	CO	GNB303	Body Lotion	6 / 240 ml	8.86	48.36							
<b>• Organic Hair &amp; Body Care - BULK - Pre-order - 3-4 weeks lead-time</b>													
<b>Organic Body Wash - Bulk</b>													
H	CGIOTW	<b>GNB156</b>	<b>Cranberry Delight - New</b>	1 / 4 L	62.68		Pre-order						
H	CGIOTW	<b>GNB157</b>	<b>Fresh Mint - New</b>	1 / 4 L	62.68		Pre-order						
H	CGIOTW	<b>GNB158</b>	<b>Lavender Rosemary - New</b>	1 / 4 L	62.68		Pre-order						
<b>Organic Body Lotion - Bulk</b>													
H	CGIOTW	<b>GNB159</b>	<b>Cranberry Delight - New</b>	1 / 4 L	62.68		Pre-order						
H	CGIOTW	<b>GNB160</b>	<b>Fresh Mint - New</b>	1 / 4 L	62.68		Pre-order						
H	CGIOTW	<b>GNB161</b>	<b>Lavender Rosemary - New</b>	1 / 4 L	62.68		Pre-order						
<b>Organic Conditioner - Bulk</b>													
H	CGIOTW	<b>GNB153</b>	<b>Cranberry Delight - New</b>	1 / 4 L	62.68		Pre-order						
H	CGIOTW	<b>GNB154</b>	<b>Fresh Mint - New</b>	1 / 4 L	62.68		Pre-order						
H	CGIOTW	<b>GNB155</b>	<b>Lavender Rosemary - New</b>	1 / 4 L	62.68		Pre-order						
<b>Organic Shampoo - Bulk</b>													
H	CGIOTW	<b>GNB150</b>	<b>Cranberry Delight - New</b>	1 / 4 L	62.68		Pre-order						
H	CGIOTW	<b>GNB151</b>	<b>Fresh Mint - New</b>	1 / 4 L	62.68		Pre-order						
H	CGIOTW	<b>GNB152</b>	<b>Lavender Rosemary - New</b>	1 / 4 L	62.68		Pre-order						
<b>HAPPY PLANET</b>													
<i>Fresh juice blends in gable-top cartons; fresh soups and sauces in BPA-free pouches; produced in Vancouver. The natural and organic chili and soups are gluten-free. The natural sauces are gluten-free, except for French Mushroom. For more information visit <a href="http://www.happyplanet.com">www.happyplanet.com</a></i>													
<b>Natural Gluten-free Chili, Ready-to-serve - Re-sealable BPA-free Pouch - New</b>													
R	CGF	<b>HPL058</b>	<b>Four Bean Chili - New</b>	6 / 500 ml	5.58	30.45		25%	4.19	22.84			
<b>Organic Gluten-free Dairy-free Soup, Ready-to-serve - Re-sealable BPA-free Pouch</b>													
R	CDGfO	HPL054	Moroccan Chick Pea	6 / 650 ml	5.41	29.56		15%	4.60	25.13			
R	CDGfO	HPL055	South India Split Pea	6 / 650 ml	5.41	29.56		15%	4.60	25.13			
R	CDGfO	HPL052	Brazilian Black Bean	6 / 650 ml	5.41	29.56		15%	4.60	25.13			
<b>Natural Gluten-free Dairy-free Soup, Ready-to-serve - Re-sealable BPA-free Pouch</b>													
R	CDGf	HPL050	Armenian Red Lentil	6 / 650 ml	5.41	29.56		15%	4.60	25.13			
R	CDGf	HPL056	Thai Coconut	6 / 650 ml	5.41	29.56		15%	4.60	25.13			
<b>Organic Gluten-free Soup, Ready-to-serve - Re-sealable BPA-free Pouch</b>													
R	CGfO	HPL051	Berkeley Butternut Squash	6 / 650 ml	5.41	29.56		15%	4.60	25.13			
R	CGfO	HPL053	Louisiana Corn Chowder	6 / 650 ml	5.41	29.56		15%	4.60	25.13			
R	CGfO	HPL057	Tuscan Tomato	6 / 650 ml	5.41	29.56		15%	4.60	25.13			
<b>Natural Gluten-free Dairy-free Sauce, Ready-to-use - BPA-free Pouch</b>													
R	CDGf	HPL100	Bengali Coconut Curry	6 / 300 ml	3.83	20.90					15%	3.26	17.77
R	CDGf	HPL103	Japanese Ginger Miso	6 / 300 ml	3.83	20.90					15%	3.26	17.77
R	CDGf	HPL104	Spanish Roasted Red Pepper	6 / 300 ml	3.83	20.90					15%	3.26	17.77
R	CDGf	HPL105	Thai Yellow Curry	6 / 300 ml	3.83	20.90					15%	3.26	17.77

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

**Natural Sauce, Ready-to-use - BPA-free Pouch (Gf = Gluten-free)**

R	C	HPL101	French Mushroom & Wine	6 / 300 ml	3.83	20.90					15%	3.26	17.77
R	CGF	HPL102	Gf Indian Butter Chicken	6 / 300 ml	3.83	20.90					15%	3.26	17.77

**• Fruit Juice Blends, Smoothies & Protein Shakes**

**Organic Juice & Puree Blends - Gable top cartons**

R	CKO	HPL006	Acai Berry Bliss	6 / 1.89 L	4.92	26.87		15%	4.18	22.84			
R	CKO	HPL001	Happiest Orange Juice	6 / 1.89 L	4.92	26.87		15%	4.18	22.84			
R	CKO	HPL002	Mango Peach Party	6 / 1.89 L	4.92	26.87		15%	4.18	22.84			

**Organic Juice & Puree Blends - Gable top cartons**

R	CKO	HPL003	Pomegranate Blueberry Bash	6 / 1.89 L	4.92	26.87		15%	4.18	22.84			
R	CKO	HPL004	Strawberry Banana Smile	6 / 1.89 L	4.92	26.87		15%	4.18	22.84			
R	CKO	HPL005	Tropical Tango	6 / 1.89 L	4.92	26.87		15%	4.18	22.84			

**Organic Lemonade - Jug - Seasonally Available**

R	CKO	HPL007	Lemonade	6 / 1.89 L	4.38	23.89							
R	CKO	HPL008	Raspberry Lemonade	6 / 1.89 L	4.38	23.89							

**Fruit Juice - Single Serve - Full Cases Only**

NS	R	CK	HPL154	Orange	6 / 325 ml		14.93	15%		12.69			
----	---	----	--------	--------	------------	--	-------	-----	--	-------	--	--	--

**Fruit Smoothies - Single Serve - Full Cases Only**

NS	R	CK	HPL150	Extreme Green	6 / 325 ml		13.44	15%		11.42			
NS	R	CK	HPL151	Extreme Purple (Acai)	6 / 325 ml		13.44	15%		11.42			
NS	R	CK	HPL152	Abundant C	6 / 325 ml		13.44	15%		11.42			
NS	R	CK	HPL153	Essential Energy w/ Yerba Mate	6 / 325 ml		13.44	15%		11.42			
NS	R	CK	HPL155	Lost Lagoon Mango	6 / 325 ml		13.44	15%		11.42			
NS	R	CK	HPL156	Sunset Beach Strawberry	6 / 325 ml		13.44	15%		11.42			
NS	R	CK	HPL157	Righteous Raspberry	6 / 325 ml		13.44	15%		11.42			
NS	R	CK	HPL158	Pomegranate Anti-Ox	6 / 325 ml		13.44	15%		11.42			

**Fruit Smoothies - Full Cases Only**

NS	R	CK	HPL159	Extreme Green	6 / 946 ml		25.98				15%		22.08
NS	R	CK	HPL160	Extreme Purple (Acai)	6 / 946 ml		25.98				15%		22.08
NS	R	CK	HPL161	Abundant C	6 / 946 ml		25.98				15%		22.08
NS	R	CK	HPL162	Lost Lagoon Mango	6 / 946 ml		25.98				15%		22.08
NS	R	CK	HPL163	Sunset Beach Strawberry	6 / 946 ml		25.98				15%		22.08
NS	R	CK	HPL165	Essential Energy w/ Yerba Mate	6 / 946 ml		25.98				15%		22.08

**Protien Shakes - Full Cases Only**

H,NS	R	CK	HPL166	Chocolate Banana	6 / 946 ml		25.98				15%		22.08
------	---	----	--------	------------------	------------	--	-------	--	--	--	-----	--	-------

### HAPPY TAILS

*Holistic gluten-free, wheat-free dog and cat foods made with lamb, chicken, fish, organic fruits and veggies. No corn, white rice, artificial colours or flavours. For more information visit [www.happytail.ca](http://www.happytail.ca)*

**Holistic Gluten-free All Ages Pet Food Trial Packs - Full Cases Only**

H	CGRW	HPT004	Cat Food, Trial Size	25 / 155 g		24.63							
H	CGRW	HPT023	Dog Food, Trial Size	25 / 155 g		24.63							

**Holistic Gluten-free Cat Food, For All Ages**

*Made with BC chicken, brown rice, Pacific fish, organic fruits and veggies.*

H	CGRW	HPT001	Cat Food	1 / 7.5 kg	35.83			10%	32.25				
H	CGRW	HPT002	Cat Food	6 / 3 kg	19.68	107.47		10%	17.71	96.72			
H	CGRW	HPT003	Cat Food	12 / 1.6 kg	11.48	125.38		10%	10.33	112.84			

**Holistic Gluten-free Dog Food, For All Ages**

*Made with New Zealand lamb, brown rice, BC herring, organic fruits and veggies.*

H	CGRW	HPT020	Dog Food	1 / 16.3 kg	50.00			10%	45.00				
H	CGRW	HPT021	Dog Food	1 / 7.5 kg	27.99			10%	25.19				
H	CGRW	HPT022	Dog Food	6 / 3 kg	16.15	88.21		10%	14.54	79.39			

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.  
Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### HARMONY ORGANIC DAIRY

*Local Food Plus (LFP) Certified, high quality products and environmentally friendly practices. Supports sustainable agriculture helping to prevent further pollution of our land, water and air. for more information visit [www.harmonyorganic.on.ca](http://www.harmonyorganic.on.ca)*

**Brie Wheels**

R	CO	HAD308	Brie	6 / 200 g	6.29	36.57							
R	CO	HAD310	Brie, 1kg	1 / 1 kg	29.48	29.48							

**Cream & Milk, in Glass** - Regular price includes \$2.00 bottle deposit. Discounts, if any, will be based on the regular price after subtracting deposit.

R	CO	HAD030	10% Table Cream	12 / 500 ml	5.07	58.76							
R	CO	HAD040	35% Whipping Cream	12 / 500 ml	7.20	82.84							
R	CO	HAD004	Skim Milk	12 / 1 L	5.25	60.94							
R	CO	HAD003	Part Skim (1% MF)	12 / 1 L	5.25	60.94							
R	CO	HAD002	Part Skim (2% MF)	12 / 1 L	5.25	60.94							
R	CO	HAD001	Whole Milk (3.8% MF)	12 / 1 L	5.50	63.80							
R	CO	HAD017	Unhomogenized	12 / 1 L	5.57	64.59							
R	CO	HAD054	Chocolate	12 / 500 ml	4.67	54.29							
R	CO	HAD053	Chocolate	12 / 1 L	6.78	78.38							
H		HAD100	Deposit Return: Bottle, \$2.00	1 / bottle	-2.00	-24.00							
H		HAD201	Deposit Return: Bottle Crate, \$15.00	1 / crate	-15.00								
H		HAD203	Dep. Rtrn: Black Crtn Crate, \$10.00	1 / crate	-10.00								

**Cream & Milk, in Gabletop Cartons, Organic**

R	CO	HAD041	35% Whipping Cream	48 / 250 ml	2.98	134.96							
R	CO	HAD042	35% Whipping Cream	16 / 1 L	8.89	134.29							
R	CO	HAD031	10% Table Cream	28 / 500 ml	3.06	80.71							
R	CO	HAD032	10% Table Cream	16 / 1 L	5.00	75.51							
R	CO	HAD080	Buttermilk	16 / 1 L	4.10	62.15							
R	CO	HAD081	Buttermilk	28 / 500 ml	2.22	58.82							
R	CO	HAD013	Skim Milk	16 / 1 L	3.14	47.57							
R	CO	HAD012	Part Skim (1% MF)	16 / 1 L	3.14	47.57							
R	CO	HAD014	Part Skim (2% MF)	48 / 250 ml	1.11	50.10							
R	CO	HAD015	Part Skim (2% MF)	28 / 500 ml	1.77	46.98							
R	CO	HAD011	Part Skim (2% MF)	16 / 1 L	3.14	47.57							
R	CO	HAD010	Whole Milk (3.8% MF)	16 / 1 L	3.47	52.64							
R	CO	HAD016	Whole Milk, Un-Homogenized	16 / 1 L	3.53	53.49							
R	CO	HAD050	Chocolate Milk	16 / 1 L	4.73	71.66							
H	R	CO	HAD051	Chocolate Milk	28 / 500 ml	2.58	68.44						
H	R	CO	HAD052	Chocolate Milk	48 / 250 ml	1.50	67.86						

**Milk, in Bags, Organic**

R	CO	HAD023	Skim Milk	4 / 4 L	10.87	41.22							
R	CO	HAD022	Part Skim (1% MF)	4 / 4 L	10.87	41.22							
R	CO	HAD021	Part Skim (2% MF)	4 / 4 L	10.87	41.22							
R	CO	HAD020	Whole Milk (3.8% MF)	4 / 4 L	12.05	45.66							
R	CO	HAD024	Whole Milk, Unhomogenized	4 / 4 L	12.11	45.93							

### HEALTH VALLEY

*Health Valley soups have no salt added. For more information visit [www.healthvalley.com](http://www.healthvalley.com)*

**January Line Drive**

**Soup, Organic, No Salt Added**

	o	HLV002	No Salt Lentil Soup	12 / 398 ml	2.67	29.09						20%	2.14	23.27
	o	HLV003	No Salt Minestrone Soup	12 / 398 ml	2.67	29.09						20%	2.14	23.27
	o	HLV004	No Salt Vegetable Soup	12 / 398 ml	2.67	29.09						20%	2.14	23.27

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax FIR	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
------------	-----	------	-------------	------	-------	------	--	-------------	----------------	----------------	-------------	----------------	----------------

## HEMPOLA

*Ontario's local hemp company, Hempola products are farm produced, farmer owned and guaranteed fresh.*

*A pioneer in hemp foods, since 1995. Stop in for a visit any time. For more information visit [www.hempola.com](http://www.hempola.com)*

### Cold Pressed Hempseed Oil

c	HMP001	Omega Supreme	6 / 250 ml	7.30	39.82								
---	--------	---------------	------------	------	-------	--	--	--	--	--	--	--	--

### Hempseed

c	HMP050	Shelled	6 / 500 g	15.00	81.82								
c	HMP051	Shelled	3 / 1 kg	27.50	75.00								

### Raw Hemp Protein Powder, 44% Protein

CDGf	HMP052	Protein & Fibre Powder	10 / 454 g	12.17	110.61								
------	--------	------------------------	------------	-------	--------	--	--	--	--	--	--	--	--

### Omega 3 Dressing

c	HMP020	Caesar	6 / 250 ml	4.87	26.55								
c	HMP021	Balsamic Vinaigrette	6 / 250 ml	4.87	26.55								
c	HMP022	Honey Dijon	6 / 250 ml	4.87	26.55								

### Hemp Mixes

c	HMP002	High Protein Pancake	6 / 500 g	5.49	29.91								
c	HMP003	Healthy Happy Brownie	6 / 370 g	4.67	25.46								

## HENRY'S TEMPEH

*Henry's Tempeh is a gluten-free, artisanal, handcrafted soyfood. For more information visit [www.tempeh.ca](http://www.tempeh.ca)*

### Tempeh - made with organic soybeans

R	CGf	HNR001	Soy Basil	24 / 250 g	3.42	74.63							
R	CGf	HNR002	Soy Curry	24 / 250 g	3.42	74.63							
R	CGf	HNR003	Soy Kasha	24 / 250 g	3.42	74.63							
R	CGf	HNR004	Soy Only	24 / 250 g	3.42	74.63							
R	CGf	HNR005	Soy Red Pepper	24 / 250 g	3.42	74.63							

## HEWITT'S DAIRY

*For over 30 years, Hewitt's Dairy has been marketing fresh goat milk in Ontario. For more information visit [www.hewittsdairy.com](http://www.hewittsdairy.com)*

### Goat Milk Yogurt - Full Cases Only

R	c	YOG006	Plain	6 / 500 g		15.23							
R	c	YOG005	Plain	6 / 1 kg		25.89							

## HIPPIE CHIPS

*No processed seasonings, flakes, flours, trans-fats or artificial colours; just the real stuff the way nature intended. For more info visit [www.hippiechips.com](http://www.hippiechips.com)*

### February Line Drive

### Corn Tortilla - Full Cases Only

H		HIP001	Multiseed	12 / 170 g		40.48						15%		34.41
H		HIP002	Ancient Grains	12 / 170 g		40.48						15%		34.41
H		HIP003	3 Bean	12 / 170 g		40.48						15%		34.41
H		HIP004	Tuscan Tomato	12 / 170 g		40.48						15%		34.41

## HONEYBAR

*Great tasting snack bars using only honey to hold them all together. For more information visit [www.honeybar.com](http://www.honeybar.com)*

### Natural Bars - Full Cases Only

H	CK	SNA200	Apple Cinnamon	12 / 45 g		10.75							
H	CK	SNA203	Granola	12 / 45 g		10.75							
H	CGfKW	SNA201	Cranberry Delite, gluten-free	12 / 45 g		10.75							
H	CGfKW	SNA204	Mixed Sesame, gluten-free	12 / 45 g		10.75							

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
H	CGfKW	SNA205	Nutty Apricot, gluten-free	12 / 45 g		10.75							
H	CGfKW	SNA206	Sweet & Salty, gluten-free	12 / 45 g		10.75							
H	CGfKW	SNA207	Trail Mix, gluten-free	12 / 45 g		10.75							

## HOPE ECO-FARMS / Small Flock's Delight

*From Aylmer Ontario, Hope Eco-Farms' brown eggs are from small flocks of happy hens, from 100 - 500 birds. "Our commitment to you, and to our hens, is to always have them on fresh clean grass. We feed heritage and non-GMO varieties of grains and put forth due diligence to avoid cross contamination".*

### Small Flock's Delight "Brown Eggs from Hens on Green Grass"

R	C	SFL001	Extra Large Eggs	15 / 1 doz	7.25	105.64							
R	C	SFL002	Large Eggs	15 / 1 doz	6.53	95.08							
R	C	SFL003	Medium Eggs	15 / 1 doz	5.80	84.51							

## IAN'S

*Kid-friendly foods free of wheat, gluten, dairy, egg, nuts soy, refined sugars, hydrogenated oils, trans fats, artificial colours, flavours & preservatives.*

*Check labels for details. No hormones, antibiotics, or animal by-products in chicken feed. For more information visit [www.iansnaturalfoods.com](http://www.iansnaturalfoods.com)*

### Potato Fries in alphabet shapes - wheat-free, gluten-free

F	GW	IAN100	AlphaTots Fries	12 / 336 g	3.97	44.78							
---	----	--------	-----------------	------------	------	-------	--	--	--	--	--	--	--

### Breaded Chicken - wheat-free, gluten-free

F	GW	IAN110	Chicken Cutlettes	12 / 224 g	5.68	64.09							
F	GW	IAN111	Chicken Cutlettes Kids Meal	8 / 196 g	6.12	46.08							

*Cutlets, corn, mashed potato and chocolate cake*

### Breaded Fish - wheat-free, gluten-free

F	GW	IAN120	Crunchy Fish (fingers)	12 / 226 g	5.68	64.09							
---	----	--------	------------------------	------------	------	-------	--	--	--	--	--	--	--

## IROQUOIS CRANBERRY GROWERS

*Owned and operated by the Wahta Mohawks. 100% pure cranberry juice from our own cranberries.*

*Not from concentrate, no water or other juice added. For more information visit [www.iroquoiscranberries.com](http://www.iroquoiscranberries.com)*

### Pure Cranberry Juice

NS	C	IRO001	Cranberry	12 / 1 L	9.16	100.01							
----	---	--------	-----------	----------	------	--------	--	--	--	--	--	--	--

## INDIANLIFE

*A Canadian company offering authentic Indian vegetarian and vegan cuisine. For more information visit [www.indianlife.com](http://www.indianlife.com)*

### • Oasis Bakery - Frozen Pita Bread - New

#### Vegan Frozen Pita Bread - made with organic flour

*(1yr frozen, 15 days fresh)*

F	C	<b>OBD001</b>	<b>Plain - New</b>	12 / 325 g	3.89	42.50							
F	C	<b>OBD002</b>	<b>Multigrain - New</b>	12 / 325 g	3.89	42.50							
F	C	<b>OBD003</b>	<b>Whole Wheat - New</b>	12 / 325 g	3.89	42.50							

### • Frozen

#### Vegan Frozen Entrees - Indian Appetizers - Pakoras - made with organic flour

F	C	INL010	Mixed Vegetable	12 / 400 g	5.69	62.17							
F	C	INL011	Spinach	12 / 400 g	5.69	62.17							

#### Vegan Frozen Entrees - Indian Appetizers - Samosas

F	C	INL015	Masala Vegetable	12 / 400 g	5.69	62.17							
F	C	INL016	Mixed Vegetable	12 / 400 g	5.69	62.17							
F	C	INL017	Spinach	12 / 400 g	5.69	62.17							

#### Vegan Frozen Chutney (6 months shelf life cooler at 4°C ) to be dated at store level

F	C	INL210	Mango	8 / 227 g	4.79	34.37							
F	C	INL211	Tamarind	8 / 227 g	4.40	31.51							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Frozen Entrees - Indian Meals - - Not Vegan</b>													
<b>Complete Meals w/ curry, rice &amp; naan or chapati - made with organic flour</b>													
F	C	INL004	Mattar Paneer (peas & cheese)	12 / 342 g	5.69	62.17							
F	C	INL005	Vegetable Korma (cream sauce)	12 / 342 g	5.69	62.17							
<b>Vegan Frozen Entrees - Indian Meals</b>													
<b>Complete Meals w/ curry, rice &amp; naan or chapati - made with organic flour</b>													
F	C	INL001	Bombay Garbanzo w/ lime pickle	12 / 342 g	5.69	62.17							
F	C	INL003	Jaipur Vegetables w/ lime pickle	12 / 342 g	5.69	62.17							
F	C	INL002	Dal - Mung Bean	12 / 342 g	5.69	62.17							
<b>Vegan Frozen Grab &amp; Go Meals</b>													
<i>(1yr frozen, 8 days fresh in cooler at 4°C) to be dated at store level</i>													
F	C	INL231	Pakora - Mix Vegetable	12 / 200 g	4.15	45.30							
F	C	INL232	Pakora - Spinach	12 / 200 g	4.15	45.30							
F	C	INL230	Mini-Samosa - Mixed-Veg ( 6ct) <i>Hand-made</i>	12 / 210 g	5.01	54.71							
<b>Frozen Roti Roll - Not Vegan</b>													
F	C	INL050	Bean & Cheese - Not Vegan	24 / 113 g	2.12	46.25							
<b>Vegan Frozen Roti Roll</b>													
F	C	INL051	Mixed Vegetable	24 / 113 g	2.12	46.25							
F	C	INL052	Spinach Potato	24 / 113 g	2.12	46.25							
<b>Vegan Frozen Stuffed Wraps - made with organic flour</b>													
F	C	INL080	Masala w/ chickpea & wild rice	12 / 275 g	4.64	50.36							
F	C	INL081	Naan w/ lentils & brown rice	12 / 275 g	4.64	50.36							
F	C	INL082	Spinach w/ mixed veg & wild rice	12 / 275 g	4.64	50.36							
<b>Organic Vegan Frozen Naan - NEW</b>													
F	CO	INL025	<b>Whole Wheat - New</b>	12 / 500 g	6.19	67.54		20%	4.95	54.03			
<b>Vegan Frozen Naan - made with organic flour</b>													
F	C	INL020	Garlic	12 / 500 g	4.70	51.35							
F	C	INL021	Plain	12 / 500 g	4.70	51.35							
F	C	INL022	Spinach	12 / 500 g	4.70	51.35							
F	C	INL023	Tandoori	12 / 500 g	4.70	51.35							
F	C	INL024	Roti Wrap	12 / 250 g	4.70	51.35							
<b>Organic Vegan Frozen 11" Wraps - NEW</b>													
F	CO	INL047	<b>Spelt - New</b>	12 / 500 g	7.18	78.36		20%	5.74	62.69			
<b>Vegan Frozen 11" Wraps - made with organic flour</b>													
F	C	INL046	Chia	12 / 500 g	5.01	54.71							
F	C	INL045	Flax	12 / 500 g	5.01	54.71							
F	C	INL040	Chapati	12 / 500 g	5.01	54.70							
F	C	INL041	Masala	12 / 500 g	5.01	54.70							
F	C	INL042	Spinach	12 / 500 g	5.01	54.70							
F	C	INL043	Sundried Tomato	12 / 500 g	5.01	54.70							
F	C	INL044	Tortilla	12 / 500 g	5.01	54.70							
<b>• FROZEN - BULK</b>													
<b>Vegan Frozen Small Pakoras (made with organic flour)</b>													
F	C	INL320	Mix Veg (325-335ct)	1 / 8 kg	129.21								
F	C	INL321	Spinach (325-335ct)	1 / 8 kg	129.21								
<b>Vegan Frozen Samosa - made with organic ingredients</b>													
F	C	INL325	Herb Samosa (48ct)	1 / 5.7 kg	81.55								
<b>Vegan Frozen 11" Wraps - made with organic flour (10 inner packs/10ct)</b>													
F	C	INL310	Spinach (100ct)	1 / 10 kg	84.06								
F	C	INL311	Sundried Tomato (100ct)	1 / 10 kg	84.06								
F	C	INL312	Tortilla (100ct)	1 / 10 kg	84.06								

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b><u>Vegan Frozen Naan - made with organic flour</u></b>													
F	C	INL300	Plain (60ct)	1 / 6 kg	44.40								
<b><u>Vegan Frozen Chutney</u></b>													
F	C	INL331	Tamarind	6 / 1 L	17.46	95.08							
F	C	INL330	Mango	6 / 1 L	20.38	111.14							
F	C	INL335	Mango	1 / 16 L	251.16								
<b>• Shelf Stable</b>													
<b><u>Cooking Sauces - Not Vegan</u></b>													
	C	INL400	Butter Masala - Not Vegan	12 / 360 ml	6.72	73.39							
	C	INL403	Korma - Not Vegan	12 / 360 ml	6.72	73.39							
	C	INL404	Tikka Masala - Not Vegan	12 / 360 ml	6.72	73.39							
<b><u>Vegan Cooking Sauces</u></b>													
	CD	INL401	Coconut Cashew	12 / 360 ml	6.72	73.39							
	CD	INL402	Curry Sauce	12 / 360 ml	6.72	73.39							
<b><u>Vegan Chutney</u></b>													
	C	INL271	Tamarind	12 / 250 ml	5.90	64.44							
	C	INL270	Mango	12 / 250 ml	5.90	64.44							
<b><u>Vegan Snacks, made w/chickpea flour and non-GMO oil</u></b>													
H	C	INL290	Channadal	8 / 200 g	3.13	22.76							
H	C	INL291	Chevdo	8 / 200 g	4.36	31.71							
H	C	INL292	Dal Mix	8 / 200 g	3.13	22.76							
H	C	INL293	Hot Punjabi Mix	8 / 200 g	3.13	22.76							
<b><u>Vegan Snacks, green peas and non-GMO oil</u></b>													
H	C	INL294	Masala Peas	8 / 200 g	3.13	22.76							
<b><u>Vegan Papadums, Authentic made from traditional Indian recipe</u></b>													
	C	INL260	Black Pepper	8 / 120 g	3.71	27.11							
	C	INL261	Cumin	8 / 120 g	3.71	27.11							
	C	INL263	Plain	8 / 120 g	3.71	27.11							

## IMAGINE FOODS

*Organic soups & broth packaged in aseptic cartons, visit: [www.imaginefoods.com](http://www.imaginefoods.com)*

*Organic Coconut, Rice, Soy, Oat & Almond Dream products; all-natural, lactose-free beverages and frozen desserts, visit: [www.tastethedream.com](http://www.tastethedream.com)*

### • Dream Organic Frozen Desserts

#### Almond Dream Frozen, Gluten-free

H	F	CDGFK	IMA500	Chocolate	8 / 473 ml	4.84	35.23						
H	F	CDGFK	IMA501	Vanilla	8 / 473 ml	4.84	35.23						

#### Rice Dream Frozen, Organic

F	DKO	RIC501	RIC501	Cocoa Marble	6 / 946 ml	8.17	44.60						
F	DKO	RIC502	RIC502	Vanilla	6 / 946 ml	8.17	44.60						
H	F	DKO	RIC520	Orange Vanilla - Disco'd	8 / 473 ml	4.10	32.78						
H	F	DKO	RIC521	Strawberry	8 / 473 ml	4.84	35.23						

### • Dream UHT Beverages - Full Cases Only

#### Coconut Dream Beverage

DK	IMA016	Original	12 / 946 ml	38.77							20%		31.02
DK	IMA017	Chocolate	12 / 946 ml	38.77							20%		31.02
DK	IMA018	Unsweetened	12 / 946 ml	38.77							20%		31.02

#### Almond Dream Beverage

DK	IMA012	Unsweetened	12 / 946 ml	38.21							20%		30.57
DK	IMA011	Enriched Vanilla	12 / 946 ml	38.21							20%		30.57
DK	IMA010	Original Enriched	12 / 946 ml	38.21							20%		30.57

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b><u>Oat Dream Beverage</u></b>													
	DK	IMA015	Original Enriched	12 / 946 ml		38.21					20%		30.57
<b><u>Rice Dream Beverage</u></b>													
	DKO	RIC002	Organic Original	12 / 946 ml		36.62					20%		29.30
	DK	RIC001	Vanilla	12 / 946 ml		36.62					20%		29.30
	DKO	RIC105	Organic Original Enriched	12 / 946 ml		36.62					20%		29.30
	DK	RIC107	Chocolate Enriched	12 / 946 ml		36.62					20%		29.30
	DK	RIC106	Vanilla Enriched	12 / 946 ml		36.62					20%		29.30
	DKO	RIC101	Organic Original 3-packs	9 / 3x236 ml		32.36							
	DK	RIC100	Vanilla 3-packs	9 / 3x236 ml		32.36							
<b><u>Soy Dream Organic Beverage - Enriched</u></b>													
	DKO	IMA004	Original Enriched	12 / 946 ml		23.95							
	DKO	IMA005	Vanilla Enriched	12 / 946 ml		23.95							
<b>• UHT Gravy, Broth, Soup and Microwaveable Soup</b>													
<b><u>Chunky Soups, Organic - Recart BPA-free aseptic UHT packaging</u></b>													
	O	IMA175	Hearty Chicken Noodle	12 / 500 ml	4.76	52.07		15%	4.05	44.26			
	GFO	IMA174	Tomato Basil Soup	12 / 500 ml	4.76	52.07		15%	4.05	44.26			
	GFO	IMA173	Southwestern Black Bean	12 / 500 ml	4.76	52.07		15%	4.05	44.26			
<b><u>Gravy, Organic - BPA-free aseptic UHT packaging</u></b>													
	GFO	IMA198	Savory Beef	12 / 500 ml	3.99	43.65					15%	3.39	37.10
	GFO	IMA199	Roasted Chicken	12 / 500 ml	3.99	43.65					15%	3.39	37.10
<b><u>Soup, Creamy Organic re-sealable aseptic UHT packaging - 1 L</u></b>													
	KO	IMA168	Low Sodium Garden Tomato	12 / 1 L	4.94	53.95					15%	4.20	45.86
	KO	IMA151	Butternut Squash	12 / 1 L	4.94	53.95					15%	4.20	45.86
	KO	IMA155	Creamy Chicken	12 / 1 L	4.94	53.95					15%	4.20	45.86
	KO	IMA156	Creamy Tomato Basil	12 / 1 L	4.94	53.95					15%	4.20	45.86
	KO	IMA153	Potato Leek	12 / 1 L	4.94	53.95					15%	4.20	45.86
	KO	IMA152	Sweet Corn	12 / 1 L	4.94	53.95					15%	4.20	45.86
	KO	IMA157	Sweet Potato	12 / 1 L	4.94	53.95					15%	4.20	45.86
	KO	IMA154	Tomato	12 / 1 L	4.94	53.95					15%	4.20	45.86
<b><u>Broth, Organic re-sealable aseptic UHT packaging - 1 L</u></b>													
	O	IMA167	Low Sodium Beef	12 / 1 L	4.59	50.10		15%	3.90	42.59			
	O	IMA165	Low Sodium Chicken	12 / 1 L	4.59	50.10		15%	3.90	42.59			
	O	IMA166	Low Sodium Vegetable	12 / 1 L	4.59	50.10		15%	3.90	42.59			
	O	SOU059	Chicken	12 / 1 L	4.59	50.10		15%	3.90	42.59			
	KO	SOU058	Vegetable	12 / 1 L	4.59	50.10		15%	3.90	42.59			
 <b>JYOTI NATURAL FOODS</b>													
<i>Home-style Indian cooking in quick and convenient formats. For more information visit <a href="http://www.jyotifoods.com">www.jyotifoods.com</a></i>													
<b><u>Ready to Serve Indian Entrees in Heat &amp; Serve Pouch</u></b>													
		JYT007	Mung Dal with Spinach	12 / 284 g	3.49	36.54		15%	2.97	31.06			
		JYT008	Channa Dal with Zucchini	12 / 284 g	3.49	36.54		15%	2.97	31.06			
<b><u>Ready to Serve Indian Entrees - In Cans</u></b>													
		JYT001	Punjabil Chhole - chickpeas, potato & onion	12 / 443 ml	3.15	32.99							
		JYT002	Dal Makhani - lentils & beans	12 / 443 ml	3.15	32.99							
		JYT003	Jaipur Karhi - potato dumplings	12 / 443 ml	3.15	32.99							
		JYT004	Matar Paneer - peas & cheese	12 / 443 ml	3.15	32.99							
		JYT005	Delhi Saag - spinach & mustard greens	12 / 443 ml	3.15	32.99							
		JYT006	Madras Sambar - lentils & vegetables	12 / 443 ml	3.15	32.99							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### KARTHEIN'S ORGANIC

*Unpasteurized, refrigerated sauerkraut retains highly beneficial enzymes and probiotic bacteria. Made with certified organic cabbage and unrefined grey sea salt; no vinegar or preservatives. For more information visit [www.belandorganicfoods.com/kartheins.html](http://www.belandorganicfoods.com/kartheins.html)*

#### February Line Drive

#### Organic Unpasteurized Sauerkraut, organic cabbage, unrefined sea salt, and bacterial culture

R	CO	KRT001	Carrots and Ginger	12 / 375 ml	4.82	52.66					10%	4.34	47.39
R	CO	KRT002	Simple, Original	12 / 375 ml	4.82	52.66					10%	4.34	47.39
R	CO	KRT003	Traditional, w/ caraway & juniper	12 / 375 ml	4.82	52.66					10%	4.34	47.39
R	CO	KRT010	Carrots and Ginger	12 / 750 ml	8.15	89.02					10%	7.34	80.12
R	CO	KRT011	Simple, Original	12 / 750 ml	8.15	89.02					10%	7.34	80.12
R	CO	KRT012	Traditional, w/ caraway & juniper	12 / 750 ml	8.15	89.02					10%	7.34	80.12

### KASHI

*Whole grain cereals, crackers and snack bars made with all natural and organic ingredients. For more information visit [www.kashi.com](http://www.kashi.com)*

#### • Cereals

##### GoLEAN

K	KAS110	GoLEAN		12 / 400 g	6.17	67.38							
K	KAS111	GoLEAN Crunch		12 / 425 g	6.17	67.38							
K	KAS115	GoLEAN Crunch - Jumbo Size		12 / 1 kg	12.82	140.05							

##### Cereal, Organic

KO	KAS167	Cinnamon Harvest		16 / 496 g	6.83	99.37							
KO	KAS163	Bite Size Whole Wheat		16 / 469 g	6.83	99.37							

##### Granola

H	K	KAS131	Summer Berry	12 / 395 g	6.16	67.30							
---	---	--------	--------------	------------	------	-------	--	--	--	--	--	--	--

##### Cereal

K	KAS161	Honey Sunshine Cereal		12 / 340 g	6.17	67.38							
K	KAS162	Toasted Berry Crisp		12 / 425 g	6.17	67.38							
K	KAS165	Honey Almond Flax		12 / 425 g	6.16	67.30							
K	KAS011	High Fibre Flakes & Granola		12 / 369 g	6.17	67.38							

##### Cereal, Puffed

K	KAS012	7 Whole Grain Honey Puffed		12 / 306 g	5.72	62.45							
K	KAS014	7 Whole Grain Puffed		12 / 212 g	5.13	55.98							

#### • Bars & Crackers

##### Granola Bars, Crunchy, 10-bar pack

H	K	KAS255	Roasted Almond Crunch	12 / 200 g	4.69	51.22							
H	K	KAS256	Toasted Seven Grain	12 / 200 g	4.69	51.22							

##### Bars, Soft Baked, 6-bar pack

K	KAS273	Strawberry		12 / 210 g	4.69	51.22							
K	KAS274	Blackberry		12 / 210 g	4.69	51.22							

##### Granola Bars, Chewy, 6-bar pack

H	K	KAS254	Dark Mocha Almond	12 / 160 g	4.69	51.22							
H	K	KAS253	Trail Mix	12 / 160 g	4.69	51.22							
H	K	KAS251	7 Whole Grains & Almonds	12 / 160 g	4.69	51.22							
H	K	KAS250	Cherry Dark Chocolate	12 / 160 g	4.69	51.22							
H	K	KAS252	"Peanut Peanut" Butter	12 / 160 g	4.69	51.22							

##### Granola Bars, Fruit and Grain, 5-bar pack

H	K	KAS269	Peanutty Dark Chocolate	12 / 160 g	4.69	51.22							
H	K	KAS270	Dark Chocolate Coconut	12 / 160 g	4.69	51.22							
H	K	KAS271	Pumpkin Pie	12 / 160 g	4.69	51.22							
H	K	KAS272	Raspberry Chocolate - Disco'd	12 / 160 g	4.69	51.22							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### Tasty Little Crackers, 7 Whole Grains

K	KAS511	Honey Sesame	12 / 255 g	3.88	42.37								
K	KAS510	Original 7 Grain	12 / 255 g	3.88	42.37								

## KERPLUNK

*Made from 100% high grade stainless steel. For more information visit [www.kerplunkbottles.com](http://www.kerplunkbottles.com)*

### January / February Line Drive

#### Stainless Steel Bottles, with Loop Cap and Carabiner

H	C	KER005	Silver, 500ml	30 / 1 ct	7.90	221.32		25%	5.93	165.99	25%	5.93	165.99
H	C	KER002	Red, 500ml	30 / 1 ct	7.90	221.32		25%	5.93	165.99	25%	5.93	165.99
H	C	KER004	Black, 500ml	30 / 1 ct	7.90	221.32		25%	5.93	165.99	25%	5.93	165.99
H	C	KER001	Silver, 750ml	30 / 1 ct	9.22	258.20		25%	6.92	193.65	25%	6.92	193.65

## KETTLE FOODS

*All natural, gluten-free, kettle-cooked potato chips made without preservatives, GMO ingredients, artificial colours or flavours.*

*Adventurous Flavors, Potato Alchemy™, All Natural, No Stuff and Hand Cooked Crunch makes it unique. Visit [www.kettlefoods.com](http://www.kettlefoods.com)*

#### Krinkle Kut Chips - Full Cases Only

H	GfK	KET138	Zesty Ranch	12 / 220 g		34.79					15%		29.57
H	GfK	KET135	Salt & Fresh Ground Pepper	12 / 220 g		34.79					15%		29.57
H	GfK	KET136	Buffalo Bleu	12 / 220 g		34.79					15%		29.57
H	GfK	KET137	Cheddar & Sour Cream	12 / 220 g		34.79					15%		29.57

#### Natural Gourmet Chips - Full Cases Only

H	GfK	KET072	Sea Salt	12 / 220 g		34.79					15%		29.57
H	GfK	KET073	Low Sodium	12 / 220 g		34.79					15%		29.57
H	GfK	KET074	Sea Salt & Vinegar	12 / 220 g		34.79					15%		29.57
H	GfK	KET075	Honey Dijon	12 / 220 g		34.79					15%		29.57
H	GfK	KET076	Yogurt & Green Onion	12 / 220 g		34.79					15%		29.57
H	GfK	KET077	New York Cheddar	12 / 220 g		34.79					15%		29.57
H	GfK	KET078	Backyard Barbeque	12 / 220 g		34.79					15%		29.57
H	GfK	KET079	Sweet Onion	12 / 220 g		34.79					15%		29.57
H	GfK	KET080	Jalapeno	12 / 220 g		34.79					15%		29.57
H	GfK	KET081	Fully Loaded Baked Potato	12 / 220 g		34.79					15%		29.57

#### Krinkle Kut Chips, 397g - Full Cases Only

H	GfK	KET123	Cheddar & Sour Cream	10 / 397g		44.25							
H	GfK	KET130	Lightly Salted	10 / 397g		44.25							
H	GfK	KET132	Salt & Fresh Ground Pepper	10 / 397g		44.25							
H	GfK	KET134	Buffalo Bleu	10 / 397g		44.25							

#### Bakes - Full or Half Cases Only

H	GfK	KET224	Salt & Fresh Ground Pepper	15 / 113 g	2.96	38.89		15%	2.52	33.06			
H	GfK	KET223	Salt & Vinegar	15 / 113 g	2.96	38.89		15%	2.52	33.06			
H	GfK	KET220	Aged White Cheddar	15 / 113 g	2.96	38.89		15%	2.52	33.06			
H	GfK	KET221	Hickory Honey Barbeque	15 / 113 g	2.96	38.89		15%	2.52	33.06			
H	GfK	KET222	Lightly Salted	15 / 113 g	2.96	38.89		15%	2.52	33.06			

#### Natural Gourmet Potato Chips Single Serve - Full Cases Only

H	GfK	KET040	Honey Dijon	24 / 45 g		20.24							
H	GfK	KET041	New York Cheddar & Herb	24 / 45 g		20.24							
H	GfK	KET042	Lightly Salted	24 / 45 g		20.24							
H	GfK	KET043	Sea Salt & Vinegar	24 / 45 g		20.24							

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax FIR	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
------------	-----	------	-------------	------	-------	------	--	-------------	----------------	----------------	-------------	----------------	----------------

**KIJU**  
*Certified organic juice blends made from fruit purees, concentrates, organic natural flavours and vitamin C.  
 No added sugar or colour. For more information visit [www.kiju.ca](http://www.kiju.ca)*

**Organic 100% Fruit Juice Blends, 1 Litre UHT - Full Cases Only**

NS	co	KJU052	Lemonade	12 / 1 L		27.70					15%		23.55
NS	co	KJU050	Apple Juice	12 / 1 L		27.70					15%		23.55
NS	co	KJU051	Grape-Apple Juice	12 / 1 L		27.70					15%		23.55
NS	co	KJU053	Mango Orange Juice	12 / 1 L		27.70					15%		23.55
NS	co	KJU054	Pomegranate Cherry Juice	12 / 1 L		27.70					15%		23.55

**Organic 100% Fruit Juice Blends, Single Serve UHT 4-Packs - Full Cases Only**

NS	co	KJU005	Apple Juice	8 / 4x200 ml		20.93							
NS	co	KJU006	Grape Apple Juice	8 / 4x200 ml		20.93							
NS	co	KJU007	Lemonade	8 / 4x200 ml		20.93							
NS	co	KJU008	Mango Orange Juice	8 / 4x200 ml		20.93							
NS	co	KJU009	Pomegranate Cherry Juice	8 / 4x200 ml		20.93							

**Organic 100% Fruit Juice Blends, Single Serve Glass - Full Cases Only**

NS	co	KJU020	Apple Juice	12 / 355 ml		20.77							
NS	co	KJU021	Concord Grape Juice	12 / 355 ml		20.77							
NS	co	KJU022	Lemonade	12 / 355 ml		20.77							
NS	co	KJU023	Mango Orange Juice	12 / 355 ml		20.77							
NS	co	KJU024	Pomegranate Cherry Juice	12 / 355 ml		20.77							

**KIKI**  
*Uniquely Canadian 100% maple beverage, 2-3% sugar with a light maple flavour. Pure filtered maple sap collected from sugar and black maple trees. KiKi comes from the Japanese words for "tree" and "life energy". For more information visit [www.trollbridgecreek.ca](http://www.trollbridgecreek.ca)*

**January / February Line Drive**

**Shelf Stable Pure Maple Sap Beverage - Full Cases Only**

H,NS	c	KKI003	Lemon Ginger	12 / 473 ml		24.18		25%		18.14	25%		18.14
H,NS	c	KKI002	Lemon Mint	12 / 473 ml		24.18		25%		18.14	25%		18.14

**• Refrigerated**

**Fresh Pure Maple Sap Beverage - Full Cases Only**

H,NS R C		KKI001	Maple Sweet Water	12 / 473 ml		24.18		25%		18.14	25%		18.14
----------	--	--------	-------------------	-------------	--	-------	--	-----	--	-------	-----	--	-------

**KING ISLAND**  
*100% coconut water from Thailand. Natural sports beverage with 5 essential electrolytes. Functional beverage with more potassium than 2 bananas. No sugar added, low in calories. For more information, visit [www.coconutjuicesa.co.za](http://www.coconutjuicesa.co.za)*

**100% Thai Coconut Water, UHT Single Serve - Unavailable in Nova Scotia - Full Cases Only**

	c	KIS001	Coconut Water 3-pack	12 / 3x250 ml		34.01					10%		30.61
--	---	--------	----------------------	---------------	--	-------	--	--	--	--	-----	--	-------

**KINNIKINNICK FOODS**  
*Providing Celiac and people with other special dietary requirements baked goods, cookies and mixes, all produced in a dedicated gluten-free, nut-free facility. For more information, visit [www.kinnikinnick.com](http://www.kinnikinnick.com)*

**• Frozen**

**Frozen Gluten-free Pizza Crust**

F	CGFW	KIN013	Personal Size	6 / 600 g	7.69	41.39					20%	6.15	33.11
---	------	--------	---------------	-----------	------	-------	--	--	--	--	-----	------	-------

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case				Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b><u>Frozen Gluten-free Rice Bread</u></b>															
F	CGRW	KIN005	Sunflower Flax	4 / 650 g	5.00	17.95							20%	4.00	14.36
F	CGRW	KIN006	Many Wonder Multigrain	4 / 660 g	5.00	17.95							20%	4.00	14.36
F	CGRW	KIN003	Robins Honey Brown Rice	4 / 650 g	5.41	19.42							20%	4.33	15.54
<b><u>Frozen Gluten-free Yeast-free Bread</u></b>															
F	CGRW	KIN007	Candadi Multigrain Rice	4 / 650 g	5.41	19.42							20%	4.33	15.54
F	CGRW	KIN008	Tapioca	4 / 600 g	5.41	19.42							20%	4.33	15.54
<b><u>Frozen Gluten-free Tapioca Rice Bread</u></b>															
F	CGRW	KIN001	Plain	4 / 600 g	5.00	17.95							20%	4.00	14.36
F	CGRW	KIN002	Raisin	4 / 650 g	5.41	19.42							20%	4.33	15.54
F	CGRW	KIN004	Italian White	4 / 600 g	5.00	17.95							20%	4.00	14.36
<b><u>Frozen Gluten-free Tapioca Rice Buns</u></b>															
F	CGRW	KIN009	English Muffins	6 / 375 g	4.82	25.95									
F	CGRW	KIN010	Tray Buns (dinner rolls)	6 / 350 g	4.82	25.95									
F	CGRW	KIN011	Hot Dog	6 / 350 g	4.82	25.95									
F	CGRW	KIN012	Hamburger	6 / 400 g	4.82	25.95									
<b>• Shelf Stable</b>															
<b><u>Gluten-free Cookies</u></b>															
	CGRW	KIN100	Ginger Snap	6 / 190 g	3.90	20.91							20%	3.12	16.73
	CGRW	KIN101	Montana's Chocolate Chip	6 / 220 g	3.90	20.91							20%	3.12	16.73
	CGRW	KIN105	Graham Style (S'moreables)	6 / 220 g	4.16	22.28							20%	3.33	17.82
<b><u>Gluten-free KinniTOOS Sandwich Cream Cookies</u></b>															
	CGRW	KIN102	Chocolate	6 / 220 g	4.58	24.55							20%	3.66	19.64
	CGRW	KIN103	Vanilla	6 / 220 g	4.58	24.55							20%	3.66	19.64
	CGRW	KIN104	Fudge	6 / 220 g	4.58	24.55							20%	3.66	19.64
<b><u>Gluten-free Cracker &amp; Bread Crumbs</u></b>															
	CGRW	KIN106	Graham Style	6 / 300 g	4.53	24.28									
	CGRW	KIN107	Panko Style	6 / 350 g	4.56	24.46									
<b><u>Gluten-free Mix</u></b>															
	CGRW	KIN108	Chocolate Cake	6 / 500 g	4.46	23.91									
	CGRW	KIN109	White Cake	6 / 500 g	4.46	23.91									
	CGRW	KIN110	Pancake & Waffle	6 / 454 g	4.46	23.91									
	CGRW	KIN111	Kinni-Kwik Bread & Bun	6 / 465 g	4.46	23.91									
	CGRW	KIN112	All Purpose Flour Blend	6 / 454 g	4.46	23.91									
<b>• Sparkling, Spritzers &amp; Real Brew</b>															
<b><u>Celebratory Sparkling Beverage - 100% Juice</u></b>															
H,NS	o	KNU118	Organic Apple	12 / 750 ml	4.29	45.00									
H,NS	o	KNU117	Organic Pear	12 / 750 ml	4.29	45.00				25%	3.22	33.75	25%	3.22	33.75
H,NS		KNU116	Cranberry	12 / 750 ml	4.29	45.00				25%	3.22	33.75	25%	3.22	33.75
H,NS		JUI115	Crisp Apple Cider	12 / 750 ml	3.49	36.59									
<b><u>Santa Cruz Organic Spritzers - Full Cases Only</u></b>															
H,NS	o	SCO015	Mango Lemonade	24 / 311 ml		26.18							20%		20.94
H,NS	o	SCO016	Pomegranate Lime-ade	24 / 311 ml		26.18							20%		20.94
H,NS	o	SCO010	Lemon Lime	24 / 311 ml		26.20							20%		20.96
H,NS	o	SCO011	Ginger Ale	24 / 311 ml		26.20							20%		20.96
H,NS	o	SCO012	Raspberry Lemonade	24 / 311 ml		26.20							20%		20.96
H,NS	o	SCO013	Orange Mango	24 / 311 ml		26.20							20%		20.96
H,NS	o	SCO014	Root Beer	24 / 311 ml		26.20							20%		20.96

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax FIR	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Knudsen Spritzers - Full Cases Only</b>													
H,NS		KNU120	Mango Fandango	24 / 311 ml		26.20							
H,NS		KNU121	Tangerine	24 / 311 ml		26.20							
H,NS		KNU122	Red Raspberry	24 / 311 ml		26.20							
H,NS		KNU123	Jamaican Lemonade	24 / 311 ml		26.20							
H,NS		KNU124	Boysenberry	24 / 311 ml		26.20							
H,NS		KNU125	Grape	24 / 311 ml		26.20							
H,NS		KNU126	Lemon Lime	24 / 311 ml		26.20							
H,NS		KNU127	Strawberry	24 / 311 ml		26.20							
H,NS		KNU128	Black Cherry	24 / 311 ml		26.20							
H,NS		KNU129	Peach	24 / 311 ml		26.20							
<b>Knudsen Real Brew Premium Beverage in Bottles - Full Cases Only</b>													
H,NS		POP117	Vanilla Creme Soda	24 / 355 ml		27.73		10%		24.96			
H,NS		POP116	Outrageous Ginger Ale	24 / 355 ml		27.73		10%		24.96			
H,NS		POP118	Draft Root Beer	24 / 355 ml		27.73		10%		24.96			
<b>• Knudsen Juice</b>													
<b>Knudsen Organic Pear Nectar has been removed from promotions by vendor.</b>													
NS	o	JUI114	Pear Nectar	12 / 946 ml	4.61	48.40							
<i>No Jan Deal</i>													
<b>Knudsen 100% "Just Juice" Blueberry &amp; Cherry skus have been removed from promotions by vendor</b>													
NS		KNU080	Just Blueberry	12 / 946 ml	8.35	87.67							
NS		JUI113	Just Black Cherry	12 / 946 ml	4.76	49.90							
<i>No Feb Deal</i>													
<b>Fruit Juice - 100% "Just Juice"</b>													
NS		KNU081	Just Pomegranate	12 / 946 ml	8.35	87.67					10%	7.52	78.90
NS		JUI109	Just Cranberry	12 / 946 ml	8.35	87.67					10%	7.52	78.90
<b>Organic Fruit Juice &amp; Juice Blends</b>													
NS	o	KNU108	Concord Grape	12 / 945 ml	4.61	48.39		10%	4.15	43.55			
NS	o	KNU109	Grapefruit	12 / 945 ml	4.61	48.39		10%	4.15	43.55			
NS	o	KNU100	Blueberry Nectar	12 / 946 ml	4.61	48.40		10%	4.15	43.56			
NS	o	KNU103	Pomegranate Nectar	12 / 946 ml	4.62	48.43		10%	4.16	43.59			
NS	o	KNU104	Blueberry Pomegranate	12 / 946 ml	4.62	48.43		10%	4.16	43.59			
NS	o	KNU105	Cranberry Pomegranate	12 / 946 ml	4.62	48.43		10%	4.16	43.59			
NS	o	KNU107	Black Currant Nectar	12 / 946 ml	4.62	48.43		10%	4.16	43.59			
NS	o	JUI111	Prune Nectar	12 / 946 ml	6.33	66.45		10%	5.70	59.81			
NS	o	KNU106	Acai Berry	12 / 946 ml	6.34	66.48		10%	5.71	59.83			
<b>Fruit Juice Blends</b>													
NS		JUI102	Pineapple Coconut	12 / 946 ml	3.95	41.43							
<b>Simply Nutritious</b>													
NS		JUI097	Mega Green	12 / 946 ml	3.95	41.43		5%	3.75	39.36			
<b>Very Veggie Juice</b>													
NS		JUI163	Very Veggie - Low Salt	12 / 946 ml	3.95	41.43		5%	3.75	39.36			
<b>• Santa Cruz Organic - Juice, Lemonade &amp; Chocolate Syrup</b>													
<b>Fruit Juice Blends &amp; Nectars, Organic</b>													
NS	o	JUI159	Orange Mango Juice	12 / 946 ml	4.67	48.94					5%	4.44	46.49
<b>Organic Lemonade - Raspberry now included in On-going CSD</b>													
H,NS	o	JUI152	Mango Lemonade	12 / 946 ml	3.26	34.18							
H,NS	o	JUI153	Limeade	12 / 946 ml	3.26	34.18							
H,NS	o	JUI149	Lemonade	12 / 946 ml	3.26	34.16							
H,NS	o	JUI154	Peach	12 / 946 ml	3.26	34.18							
NS	o	SCO151	Raspberry Lemonade	12 / 946 ml	2.73	32.69							
<b>Citrus Juice, Organic - Not From Concentrate</b>													
NS	o	JUI119	100% Pure Lemon	12 / 473 ml	4.62	48.47							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.  
Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### Apple Juice, Organic

NS	o	JUI190	Apple Juice	6 / 2.84 L	9.31	48.87							
NS	o	JUI155	Apple Juice	12 / 946 ml	3.36	35.28							

### Chocolate Syrup & Dessert Topping

	o	SCO050	Chocolate Flavoured Syrup	12 / 458 ml	3.90	46.78					10%	3.51	42.10
--	---	--------	---------------------------	-------------	------	-------	--	--	--	--	-----	------	-------

## KOMBUCHA from Crudessence

*Delicious. Energizing, naturally effervescent Kombucha beverage. Naturally raw, living and cultured. Rich in living enzymes and probiotics.*

*Organic, fairly traded, proudly brewed in Canada. For more information visit [www.crudessence.com/en/services/kombucha](http://www.crudessence.com/en/services/kombucha)*

### Organic Kombucha - Unavailable in Nova Scotia

H	R	COT	CRU023	Éternité - Blueberry & Maple	6 / 1 L	7.38	40.30						
H	R	COT	CRU021	Clarté - Green Tea & Lemon	6 / 1 L	7.38	40.30						
H	R	COT	CRU020	Passion - Rosehips & Hibiscus	6 / 1 L	7.38	40.30						
H	R	COT	CRU022	Symbiose - White Tea & Ginger	6 / 1 L	7.38	40.30						

### Organic Kombucha, Single Serve - Unavailable in Nova Scotia - Full Cases Only

H	R	COT	CRU004	Éternité - Blueberry & Maple	12 / 355 ml		35.83						
H	R	COT	CRU001	Clarté - Green Tea & Lemon	12 / 355 ml		35.83						
H	R	COT	CRU002	Passion - Rosehips & Hibiscus	12 / 355 ml		35.83						
H	R	COT	CRU003	Symbiose - White Tea & Ginger	12 / 355 ml		35.83						

## KOMBUCHA WONDER DRINK

*Kombucha Wonder Drink is a sparkling Himalayan infused tea based tonic. The tea is brewed with double filtered, pure*

*clean water from the Pacific Northwest then sweetened with organic cane sugar. For more information visit [www.wonderdrink.com](http://www.wonderdrink.com)*

### Small cans, Kombucha Blends, Gluten-free, Organic - Full Cases Only

H,NS	GfOW	KMB014	Asian Pear Ginger	24 / 248 ml		29.67							
H,NS	GfOW	KMB015	Traditional Kombucha	24 / 248 ml		29.67							
H,NS	GfOW	KMB016	Green Tea & Lemon	24 / 248 ml		29.67							

### Glass Bottled, Kombucha Blends, Gluten-free, Organic - Full Cases Only

H,NS	GfOW	KMB011	Cherry Cassis	12 / 414 ml		32.59							
H,NS	GfOW	KMB012	Essence of Mango	12 / 414 ml		32.59							
H,NS	GfOW	KMB013	Juniper, Mint & Myrtle	12 / 414 ml		32.59							
H,NS	GfOW	KMB006	Traditional (Orient)	12 / 414 ml		32.59							
H,NS	GfOW	KMB007	Essence of Lemon (Himalayan)	12 / 414 ml		32.59							
H,NS	GfOW	KMB008	Asian Pear & Ginger	12 / 414 ml		32.59							
H,NS	GfOW	KMB009	Essence of Peach (Rooibos)	12 / 414 ml		32.59							
H,NS	GfOW	KMB010	Niagara Grape (Jasmine)	12 / 414 ml		32.59							

## KOOTENAY KITCHEN - NEW

*Gluten-free, Vege Pate made in Ontario. Ready to serve pre-baked vegetable based spread. Great for serving with crackers as an appetizer or as*

*a complement to a meal. No additives, preservatives or dairy. For more information visit [www.northof49naturals.com/kootenay-kitchen/vgan-pteacute](http://www.northof49naturals.com/kootenay-kitchen/vgan-pteacute)*

### Végé Pâté - New

R	CGfKW	<b>KKV001</b>	<b>Herb - New</b>	8 / 190 g	4.44	32.32							
R	CGfKW	<b>KKV002</b>	<b>Jalapeño - New</b>	8 / 190 g	4.44	32.32							
R	CGfKW	<b>KKV003</b>	<b>Curry - New</b>	8 / 190 g	4.44	32.32							

## LAKWOOD JUICES

*A delicious natural source of anti-oxidants, phytochemical nutrients, dietary fiber, vitamins and minerals. Fresh-pressed 100% pure organic and premium juices, with no additives or artificial ingredients. For more information visit [www.lakewoodjuices.com](http://www.lakewoodjuices.com)*

### Pure Lemon & Lime Juice, Organic

NS	o	LAK020	Lemon, Pure	12 / 370 ml	3.65	38.25		20%	2.92	30.60			
NS	o	LAK021	Lime, Pure	12 / 370 ml	3.65	38.25		20%	2.92	30.60			

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

**Juice Blends and Nectars, Organic**

NS	o	LAK015	Pomegranate w/ Cranberry	12 / 946 ml	4.85	50.91					20%	3.88	40.73
NS	o	LAK014	Pomegranate w/ Blueberry	12 / 946 ml	4.85	50.91					20%	3.88	40.73
NS	o	LAK003	Pomegranate Blend	12 / 946 ml	4.85	50.91					20%	3.88	40.73
NS	o	LAK002	Cranberry Blend	12 / 946 ml	5.33	55.92							
NS	o	LAK001	Blueberry Blend	12 / 946 ml	5.33	55.92							
NS	o	LAK006	Veggie Cocktail	12 / 946 ml	4.35	45.58							

**Pure Juice, Premium**

NS		LAK011	Black Cherry, Pure	12 / 946 ml	5.33	55.92							
NS		LAK013	Pomegranate, Pure	12 / 946 ml	8.70	91.27		20%	6.96	73.02			
NS		LAK012	Cranberry, Pure	12 / 946 ml	8.70	91.27		20%	6.96	73.02			

**Pure Juice, Organic**

NS	o	LAK007	Blueberry, Pure	12 / 946 ml	10.88	114.20							
NS	o	LAK008	Cranberry, Pure	12 / 946 ml	10.88	114.20							
NS	o	LAK005	Carrot, Pure	12 / 946 ml	5.97	62.67							
NS	o	LAK004	Pineapple, Pure	12 / 946 ml	5.97	62.67							

**Lemonade, Organic - Sweetened with White Grape Juice and Agave, No Sugar**

NS	o	LAK018	Original	12 / 946 ml	3.78	39.67							
NS	o	LAK019	Cranberry	12 / 946 ml	3.78	39.67							

## LÄRABAR

*A delicious blend of unsweetened fruits, nuts and spices - energy in its purest form. Made from 100% whole food, each flavour contains no more than six ingredients. Made from 90-100% raw, gluten-free, ingredients. For more information visit [www.larabar.com](http://www.larabar.com)*

**LÄRABAR 100% Raw, Gluten-free - Full Cases Only**

H	DGfK	LRA020	Apple Pie	16 / 45 g		24.47							
H	DGfK	LRA021	Cashew Cookie	16 / 48 g		24.47							
H	DGfK	LRA022	Cherry Pie	16 / 48 g		24.47							
H	DGfK	LRA023	Cocoa Coconut	16 / 51 g		24.47							
H	DGfK	LRA024	Coconut Cream Pie	16 / 48 g		24.47							
H	DGfK	LRA025	Peanut Butter Cookies	16 / 48 g		24.47							
H	GfK	LRA026	Peanut Butter Choc-Chip	16 / 45 g		24.47							
H	GfK	LRA027	Chocolate Chocolate Chip	16 / 45 g		24.47							
H	DGfK	LRA001	Apple - Disco'd	16 / 45 g								sub w/ LRA020	
H	DGfK	LRA003	Cashew - Disco'd	16 / 48 g								sub w/ LRA021	
H	DGfK	LRA004	Cherry - Disco'd	16 / 48 g								sub w/ LRA022	
H	DGfK	LRA006	Cocoa Coconut Chew - Disco'd	16 / 51 g								sub w/ LRA023	
H	DGfK	LRA013	Coconut Cream - Disco'd	16 / 48 g								sub w/ LRA024	
H	DGfK	LRA014	Peanut Butter - Disco'd	16 / 48 g								sub w/ LRA025	
H	GfK	LRA017	Peanut Butter Choc Chip - Disco'd	16 / 45 g								sub w/ LRA026	
H	GfK	LRA018	Choc Chocolate Chip - Disco'd	16 / 45 g								sub w/ LRA027	

## LET'S DO...

*Organic & Gluten-free treats, candies and baking specialty items and ingredients. For more information visit [www.edwardandsons.com/ldo\\_info.html](http://www.edwardandsons.com/ldo_info.html)*

**Gluten-free Organic Cornstarch, non-GMO, from Austria**

H	GfO	LET052	Corn Starch	6 / 170 g	3.44	18.10							
---	-----	--------	-------------	-----------	------	-------	--	--	--	--	--	--	--

**Gluten-free Ice Cream Cones**

	DGfK	LET023	Gluten-free Cones, 12 ct	12 / 12 ct	4.33	45.53							
--	------	--------	--------------------------	------------	------	-------	--	--	--	--	--	--	--

**Organic Coconut Flour**

	DGfKO	LET053	Coconut Flour	6 / 454 g	6.05	31.79							
--	-------	--------	---------------	-----------	------	-------	--	--	--	--	--	--	--

**Organic Coconut, Shredded, Unsweetened**

	o	LET050	Shredded Coconut- Lite (reduced fat)	12 / 250 g	3.67	38.58							
	o	LET051	Shredded Coconut	12 / 250 g	3.59	37.68							

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable   **C**=Canadian company   **ct**=count   **D**=dairy free   **F**=frozen   **G**=GST   **Gf**=gluten free   **H**=HST (harmonized sales tax)  
**K**=kosher   **NS**=Nova Scotia deposit fee   **O**=certified organic   **R**=refrigerated   **T**=fairly traded   **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

**Organic Gummi Snacks**

H	O	LET004	Gummi Bears Jelly	12 / 99 g	3.68	38.70							
H	O	LET002	Gummi Bears Classic	12 / 99 g	3.68	38.70							
H	O	LET005	Gummi Bears Super Sour	12 / 99 g	3.68	38.70							

**Organic Ice Cream Cones**

DKO		LET020	Ice Cream Cones	12 / 65 g	3.52	37.00							
DKO		LET021	Sugar Cones	12 / 140 g	4.42	46.46							
DKO		LET022	Mini Cones	4 / 900ct	41.25	144.69							

## LEVEL GROUND

*Fresh hand-selected fully ripe fruit is naturally dried with no additives to maintain sweetness and nutrients.*

*For more information, visit [www.levelground.com](http://www.levelground.com)*

**Organic Dried Fruit**

CGIOTW		LVL001	Golden Berries	12 / 150 g	6.50	70.91							
CGIOTW		LVL002	Mango	12 / 150 g	6.50	70.91							
CGIOTW		LVL003	Pineapple	12 / 150 g	6.50	70.91							

**Premium Dried Fruit**

H	CGFTW	LVL004	Tropical Mix	12 / 150 g	6.50	70.91							
---	-------	--------	--------------	------------	------	-------	--	--	--	--	--	--	--

**Organic Sugar**

CGIOTW		LVL010	Cane Sugar	12 / 500 g	4.84	52.73							
--------	--	--------	------------	------------	------	-------	--	--	--	--	--	--	--

## LUNDBERG

*Lundberg Family Farms grows healthy, great tasting rice while respecting and sustaining the earth. For more information, visit [www.lundberg.com](http://www.lundberg.com)*

**• Mixes**

**Roasted Brown Rice Couscous, 9 Organic**

DGfKW		LUN121	Organic Plain Original	12 / 284 g	3.29	34.54							
DGfKW		LUN122	Mediterranean Curry	12 / 198 g	3.29	34.54							
DGfKW		LUN123	Savoury Herb	12 / 193 g	3.29	34.54							
DGfKW		LUN124	Roasted Garlic & Olive Oil	12 / 198 g	3.29	34.54							

**Nutra-Farmed Risotto**

KW		LUN135	Butternut Squash	12 / 155 g	3.28	34.35					15%	2.79	29.20
W		LUN030	Creamy Parmesan	12 / 155 g	3.28	34.35					15%	2.79	29.20
W		LUN033	Garlic Primavera	12 / 155 g	3.28	34.35					15%	2.79	29.20
W		LUN032	Italian Herb	12 / 155 g	3.28	34.35					15%	2.79	29.20

**Organic Risotto**

OW		LUN110	Alfredo	12 / 155 g	3.70	38.85				15%	3.15	33.02
OW		LUN112	Florentine	12 / 163 g	3.70	38.85				15%	3.15	33.02
OW		LUN113	Tuscan	12 / 163 g	3.70	38.85				15%	3.15	33.02
KOW		LUN114	Wild Porcini Mushroom	12 / 163 g	3.70	38.85				15%	3.15	33.02

**• Rice Cakes & Chips - Gluten-free**

**Organic Rice Cakes - Full or Half Cases Only**

GfKO		LUN093	Flax with Tamari	12 / 266 g	4.13	43.36				15%	3.51	36.86
GfKO		LUN092	Sweet Green Tea with Lemon	12 / 266 g	4.13	43.36				15%	3.51	36.86
GfKO		LUN071	Brown Rice - Salted	12 / 241 g	4.13	43.36				15%	3.51	36.86
GfKO		LUN070	Brown Rice - Unsalted	12 / 241 g	4.13	43.36				15%	3.51	36.86
GfKO		LUN090	Caramel Corn	12 / 266 g	4.13	43.36				15%	3.51	36.86
GfKO		LUN091	Cinnamon Toast	12 / 266 g	4.13	43.36				15%	3.51	36.86
GfKO		LUN079	Koku Seaweed with Wasabi	12 / 269 g	4.13	43.36				15%	3.51	36.86
GfKO		LUN076	Sesame Tamari	12 / 255 g	4.13	43.36				15%	3.51	36.86
GfKO		LUN075	Tamari with Seaweed	12 / 241 g	4.13	43.36				15%	3.51	36.86
GfKO		LUN073	Wild Rice	12 / 241 g	4.13	43.36				15%	3.51	36.86

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Rice Chips - Full or Half Cases Only</b>													
H	WGf	LUN514	Fiesta Lime	12 / 170 g	3.75	39.28					15%	3.19	33.39
H	WGf	LUN515	Honey Dijon	12 / 170 g	3.75	39.28					15%	3.19	33.39
H	WGf	LUN511	Pico de Gallo	12 / 170 g	3.75	39.28					15%	3.19	33.39
H	WGf	LUN513	Sante Fe Barbeque	12 / 170 g	3.75	39.28					15%	3.19	33.39
H	WGf	LUN510	Sea Salt	12 / 170 g	3.75	39.28					15%	3.19	33.39
H	WGf	LUN512	Sesame & Seaweed	12 / 170 g	3.75	39.28					15%	3.19	33.39
H	WGf	LUN517	Wasabi Rice Chips	12 / 170 g	3.75	39.28					15%	3.19	33.39
<b>• Rice</b>													
<b>Nutra-Farmed Gourmet Rice Blends</b>													
K		LUN045	Black Japonica	12 / 454 g	3.93	41.20							
K		LUN040	Wehani Aromatic Red Rice	12 / 454 g	3.93	41.20							
K		LUN042	Countrywild	12 / 454 g	3.93	41.20							
K		LUN043	Jubilee	12 / 454 g	3.93	41.20							
K		LUN044	Wild Blend	12 / 454 g	3.93	41.20							
<b>Nutra-Farmed Rice</b>													
K		RIC202	Brown, Short Grain	12 / 907 g	3.24	34.02							
K		RIC205	Brown, Long Grain	12 / 907 g	3.24	34.02							
K		RIC208	Basmati, Brown	12 / 907 g	3.99	41.83							
K		RIC212	Jasmine	12 / 907 g	4.38	45.98							
K		RIC210	Basmati, White	12 / 907 g	4.38	45.98							
K		RIC012	Arborio White	12 / 907 g	6.26	65.68							
<b>Organic Rice</b>													
KO		RIC015	Brown, Short Grain	12 / 907 g	4.73	49.57				15%	4.02	42.13	
KO		RIC016	Brown, Long Grain	12 / 907 g	4.73	49.57				15%	4.02	42.13	
KO		RIC067	Sushi	12 / 907 g	5.46	57.30				15%	4.64	48.71	
KO		RIC017	Basmati, Brown	12 / 907 g	5.55	58.25				15%	4.72	49.51	
KO		LUN027	Jasmine, Brown	12 / 907 g	5.55	58.25				15%	4.72	49.51	
KO		RIC019	Jasmine, White	12 / 907 g	6.35	66.62				15%	5.40	56.63	
KO		RIC018	Basmati, White	12 / 907 g	6.35	66.62				15%	5.40	56.63	
<b>• BULK</b>													
<b>Organic Rice - BULK</b>													
O		LUN029	White, Long Grain	1 / 11.34 kg	43.98					15%		37.38	
KO		RIC007	Sushi, Short Grain	1 / 11.34 kg	48.25					15%		41.01	
O		RIC009	Golden Rose	1 / 11.34 kg	37.80					15%		32.13	
KO		RIC011	Brown, Sweet	1 / 11.34 kg	37.80					15%		32.13	
KO		RIC064	Brown, Short Grain	1 / 11.34 kg	37.80					15%		32.13	
KO		RIC065	Brown, Long Grain	1 / 11.34 kg	37.80					15%		32.13	
O		RIC068	Arborio	1 / 11.34 kg	77.25					15%		65.66	
O		CRR001	Wehani Aromatic Red Rice	1 / 11.34 kg	77.73					15%		66.07	
O		LUN028	Jasmine, Brown	1 / 11.34 kg	48.25					15%		41.01	
O		RIC061	Jasmine, White	1 / 11.34 kg	54.44					15%		46.27	
KO		RIC062	Basmati, Brown	1 / 11.34 kg	48.25					15%		41.01	
KO		RIC063	Basmati, White	1 / 11.34 kg	54.44					15%		46.27	
<b>Nutra-Farmed Rice - BULK</b>													
K		RIC203	Brown, Short Grain	1 / 11.34 kg	25.55								
K		RIC206	Brown, Long Grain	1 / 11.34 kg	25.55								
K		RIC211	Basmati, White	1 / 11.34 kg	36.76								
K		RIC209	Basmati, Brown	1 / 11.34 kg	31.16								
<b>• Malted Rice Syrup</b>													
<b>Brown Rice Sweetener (Malted Grain Syrup)</b>													
KW		SYR002	Nutra-farmed	12 / 596 g	5.16	54.12					15%	4.39	46.00
KOW		LUN612	Organic Sweet Dream	12 / 596 g	6.46	67.82							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### MADE IN NATURE

*Certified organic gourmet pizza made without artificial colours or preservatives*

*Organic fruits, tunnel-dried or sun-dried, packaged in resealable pouches. For more information, visit [www.madeinnature.com](http://www.madeinnature.com)*

#### Organic Dried Fruit

KO		MAD007	Raisins	12 / 170 g	3.18	33.30		25%	2.39	24.98			
KO		MAD015	Raisins (6-pack)	24 / 6-pack	3.17	66.29		15%	2.69	56.35			
KO		MAD001	Apple Pieces	12 / 85 g	4.12	43.14							
KO		MAD003	Black Mission Figs	12 / 227 g	4.56	47.78							
KO		MAD006	Pitted Prunes	12 / 170 g	4.11	42.98							
KO		MAD002	Apricots	12 / 170 g	4.18	43.77							
KO		MAD005	Pineapple Pieces	12 / 85 g	4.41	46.12							
KO		MAD009	Mango Pieces	12 / 85 g	4.97	51.97							
KO		MAD010	Cranberries	12 / 113 g	5.15	53.93							
KO		MAD004	Calimyrna Figs	12 / 227 g	5.95	62.26							
KO		MAD020	Anti-oxidant Fusion	12 / 113 g	6.22	65.10		15%	5.29	55.34			

#### • Frozen

#### Frozen Organic Gourmet Pizza

F	O	MAD040	Roasted Vegetable	8 / 461 g	8.37	58.80		15%	7.11	49.98			
F	O	MAD041	Three Cheese	8 / 411 g	8.37	58.80		15%	7.11	49.98			
F	O	MAD042	Margherita	8 / 383 g	8.37	58.80		15%	7.11	49.98			

### MADHAVA

*Low glycemic index; higher fructose, lower glucose. Approx 1.4x sweetening power of white sugar. For more information, visit [www.madhavasweeteners.com](http://www.madhavasweeteners.com)*

#### Organic Coconut Sugar - New

DGfKO		MDV001	<b>Original - New</b>	6 / 454 g	4.93	25.88		20%	3.94	20.70			
KO		MDV002	<b>Original - New</b>	6 / 144 g	3.63	19.05		20%	2.90	15.24			
DGfKO		MDV003	<b>Blond - New</b>	6 / 454 g	4.93	25.88		20%	3.94	20.70			
KO		MDV004	<b>Blond - New</b>	6 / 144 g	3.63	19.05		20%	2.90	15.24			

#### Light Agave Nectar, Organic, neutral flavored

KO		AGV003	Agave Nectar, light 6/cs	6 / 333 g	3.65	19.15							
KO		AGV023	Agave Nectar, light 6/cs	6 / 667 g	6.68	35.03		15%	5.68	29.78			
KO		AGV001	Agave Nectar, light	12 / 333 g	2.91	34.89							
KO		AGV021	Agave Nectar, light	12 / 667 g	5.48	65.66							

#### Amber Agave Nectar, Organic, mild, maple like flavor

KO		AGV004	Agave Nectar, amber 6/cs	6 / 333 g	3.65	19.15							
KO		AGV024	Agave Nectar, amber 6/cs	6 / 667 g	6.68	35.03		15%	5.68	29.78			
KO		AGV002	Agave Nectar, amber	12 / 333 g	2.91	34.89							
KO		AGV022	Agave Nectar, amber	12 / 667 g	5.48	65.66							

#### Raw Blue Agave Nectar, Organic, produced at low a temperature not exceeding 113 F

KO		AGV060	Raw Blue Agave Nectar	6 / 333 g	3.65	19.15							
KO		AGV061	Raw Blue Agave Nectar	6 / 667 g	6.68	35.03		15%	5.68	29.78			
KO		AGV062	Raw Blue Agave Nectar	6 / 1.3 kg	11.80	61.93							
KO		AGV050	Raw Blue Agave Nectar	12 / 482 g	3.74	44.79							
KO		AGV051	Raw Blue Agave Nectar	12 / 652 g	4.95	59.35							
KO		AGV055	Raw Blue Agave Nectar	6 / 1.3 kg	9.25	55.46							
KO		AGV103	Raw Blue Agave Nectar - BULK	4 / 3.8 L	43.62	152.64							

#### Flavoured Agave Nectar, Organic

KO		AGV035	Maple	6 / 333 g	4.24	22.23							
KO		AGV036	Raspberry	6 / 333 g	4.24	22.23							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case			Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
		KO AGV037	Blueberry	6 / 333 g	4.24	22.23								
		KO AGV030	Amaretto	6 / 333 g	4.24	22.23								
		KO AGV032	Hazelnut	6 / 333 g	4.24	22.23								
		KO AGV033	Irish Crème	6 / 333 g	4.24	22.23								
		KO AGV034	Vanilla	6 / 333 g	4.24	22.23								

### MAINE COAST

*Hand harvested directly from their beds, dried at low temperatures by sun, wood or forced hot air and packed right away. For more information, visit [www.seaveg.com](http://www.seaveg.com).*

#### Organic Sea Vegetables (in Resealable Bags)

	o	MAC031	Kelp	1 / 56 g	5.44									
	o	MAC034	Dulse Flakes	1 / 112 g	6.34									
	o	MAC030	Dulse	1 / 56 g	6.07									
	o	MAC032	Alaria	1 / 56 g	5.44									

### MANITOBA HARVEST

*Canadian grown and processed hemp foods, with both sustainable and certified organic methods. Many non-GMO, gluten-free, and nut-free products, packed in a Kosher certified facility. For more information visit [www.manitobaharvest.com](http://www.manitobaharvest.com)*

#### Organic Hemp Seed Oil - Refrigerated

	R	CO	MNH010	Hemp Seed Oil, Organic	6 / 500 ml	13.81	75.41							
	R	CO	MNH008	Hemp Seed Oil, Organic	12 / 250 ml	8.12	88.66							

#### Hemp Seed Oil - Refrigerated

	R	C	MNH001	Hemp Seed Oil, Small Bottle	12 / 355 ml	8.12	88.66							
	R	C	MNH002	Hemp Seed Oil, Large Bottle	6 / 946 ml	19.50	106.48							

#### Hemp Seed Oil Capsules, non-GMO, Refrigerated

	H	R	C	MNH003	Capsules, 1000 mg	12 / 60 caps	7.19	78.45						
--	---	---	---	--------	-------------------	--------------	------	-------	--	--	--	--	--	--

#### Hemp Seed Nut Butter - Refrigerated

	R	C	MNH006	Nut Butter	6 / 283 g	8.37	45.68					15%	7.11	38.83
--	---	---	--------	------------	-----------	------	-------	--	--	--	--	-----	------	-------

#### • Shelf Stable

#### Organic Hemp Bliss Beverage - Full Cases Only

*Non-dairy, soy-free, gluten-free, nut-free, non-GMO. 1200mg Omega-3 and 5g protein per serving in a rich, creamy, and deliciously nutty beverage*

		CO	MNH303	Unsweetened Original	12 / 946 ml	44.78						20%		35.82
		CO	MNH300	Original	12 / 946 ml	44.78						20%		35.82
		CO	MNH301	Vanilla	12 / 946 ml	44.78						20%		35.82
		CO	MNH302	Chocolate	12 / 946 ml	44.78						20%		35.82

#### Gluten-free Organic Hemp Protein Powder, non-GMO, nut-free, hexane-free

	H	CGfKO	MNH066	Very Vanilla, Organic	6 / 454 g	15.99	87.32		15%	13.59	74.22			
	H	CGfKO	MNH065	Dark Chocolate, Organic	6 / 454 g	15.99	87.32		15%	13.59	74.22			
	H	CGfKO	MNH061	Hemp Pro Fibre, Organic	6 / 454 g	12.02	65.65		15%	10.22	55.80			
	H	CGfKO	MNH063	Hemp Pro Fibre, Organic, large	4 / 908 g	19.94	72.60		15%	16.95	61.71			

#### Gluten-free Hemp Protein Powder, non-GMO, nut-free, hexane-free

	H	CGfK	MNH070	Hemp Pro 70, water soluble	6 / 454 g	21.53	117.59		15%	18.30	99.95			
	H	CGfK	MNH060	Hemp Pro 50 (was Original)	6 / 454 g	14.76	80.60		15%	12.55	68.51			
	H	CGfK	MNH062	Hemp Pro 50 (was Original), large	4 / 908 g	26.23	95.53		15%	22.30	81.20			

#### "Hemp Hearts" (was Shelled Hemp Seed), Gluten-free, nut-free, non-GMO

		CGfK	MNH004	Hemp Hearts, snack size	12 / 56 g	2.40	26.15					15%	2.04	22.23
		CGfK	MNH005	Hemp Hearts, party size	8 / 227 g	7.48	54.45					15%	6.36	46.28
		CGfK	MNH050	Hemp Hearts, BULK	1 / 2.27 kg	48.51								

#### Gluten-free Organic Hemp Hearts, nut-free, non-GMO

		CGfKO	MNH015	Organic Hemp Hearts	6 / 340 g	12.35	67.44					15%	10.50	57.32
--	--	-------	--------	---------------------	-----------	-------	-------	--	--	--	--	-----	-------	-------

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.  
Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

## MAPLETON'S ORGANIC DAIRY

*Gluten-free ice cream and frozen yogurt made without artificial ingredients, added colours, salt, GMOs or antibiotics. All products made from only the freshest organic ingredients; milk, cream and eggs produced right on the farm. For more information, visit [www.mapletonsorganic.ca](http://www.mapletonsorganic.ca)*

### • Fresh - Full Cases Only

#### Fat Free 0% Organic Yogurt

R	CO	MPL203	Blueberry	6 / 750 g		23.83								
R	CO	MPL200	Natural (was Plain)	6 / 750 g		23.83								
R	CO	MPL201	Vanilla	6 / 750 g		23.83								

#### Whole Milk 3.9% Organic Yogurt (was "Cream on Top")

R	CO	MPL204	Strawberry	6 / 750 g		23.83								
R	CO	MPL205	Natural (was Plain)	6 / 750 g		23.83								
R	CO	MPL207	Vanilla	6 / 750 g		23.83								

### • Gluten-free Frozen Desserts

#### Ice Cream, Organic

H	F	CO	<b>MPL027 Seasonal - Candy Cane</b>	8 / 473 ml	5.71	41.56								
H	F	CGFO	MPL026 Chai	8 / 473 ml	5.71	41.56								
H	F	CGFO	MPL020 Cappuccino	8 / 473 ml	5.71	41.56								
H	F	CGFO	MPL021 Chocolate	8 / 473 ml	5.71	41.56								
H	F	CGFO	MPL022 Vanilla	8 / 473 ml	5.71	41.56								
H	F	CGFO	MPL023 Ginger	8 / 473 ml	5.71	41.56								
H	F	CGFO	MPL024 Strawberry	8 / 473 ml	5.71	41.56								
H	F	CGFO	MPL025 Vanilla Chocolate Chunk	8 / 473 ml	5.71	41.56								

#### Frozen Yogurt, Organic

F	CGFO	MPL030	Vanilla	8 / 473 ml	5.71	41.56								
F	CGFO	MPL032	Lemon	8 / 473 ml	5.71	41.56								
F	CGFO	MPL031	Strawberry	8 / 473 ml	5.71	41.56								

#### Ice Cream & Frozen Yogurt, Organic - BULK - Please allow 2-3 weeks lead time

F	CO	MPL105	Ginger	1 / 11.4 L	72.09									
F	CO	MPL107	Dandelion	1 / 11.4 L	72.09									
F	CO	MPL106	Green Tea	1 / 11.4 L	72.09									
F	CO	MPL111	Maple Crunch	1 / 11.4 L	72.09									
F	CO	MPL109	Mint Chocolate	1 / 11.4 L	72.09									
F	CO	MPL112	Strawberry	1 / 11.4 L	72.09									
F	CO	MPL108	Vanilla Chocolate Chip	1 / 11.4 L	72.09									
F	CO	MPL102	Cappuccino	1 / 11.4 L	72.09									
F	CO	MPL103	Chocolate	1 / 11.4 L	72.09									
F	CO	MPL100	Vanilla	1 / 11.4 L	72.09									
F	CO	MPL104	Vanilla Frozen Yogurt	1 / 11.4 L	72.09									
F	CO	MPL115	Lemon Frozen Yogurt	1 / 11.4 L	72.09									
F	CO	MPL116	Strawberry Frozen Yogurt	1 / 11.4 L	72.09									

## MARANATHA

*Organic and natural nut and seed butters finely ground in small batches, no trans fats or preservatives. For more information, visit [www.maranathanutbutters.com](http://www.maranathanutbutters.com)*

### February Line Drive

#### Dark Chocolate & Nut Spread

K		MAR007	Peanut Chocolate	12 / 368 g	5.36	58.34							15%	4.56	49.59
K		MAR006	Almond Chocolate	12 / 368 g	7.66	83.39							15%	6.51	70.88

#### Peanut Butter - No Stir, with salt

K		MAR015	Peanut Butter, Creamy	12 / 500 g	5.37	58.42							15%	4.56	49.66
K		MAR016	Peanut Butter, Crunchy	12 / 500 g	5.37	58.42							15%	4.56	49.66

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b><u>Peanut Butter, Organic, with salt</u></b>													
		KO	MAR010 Peanut Butter, Creamy, Organic	12 / 500 g	5.92	64.42					15%	5.03	54.76
		KO	MAR011 Peanut Butter, Crunchy, Organic	12 / 500 g	5.92	64.42					15%	5.03	54.76
<b><u>Almond Butter - No Stir, with salt</u></b>													
		K	MAR003 Almond Butter, Creamy	12 / 340 g	7.66	83.40					15%	6.51	70.89
		K	MAR004 Almond Butter, Crunchy	12 / 340 g	7.66	83.40					15%	6.51	70.89
<b><u>Almond Butter, no salt</u></b>													
		K	MAR001 Almond Butter, Raw, No Salt	12 / 340 g	8.20	89.31					15%	6.97	75.91
		K	MAR002 Almond Butter, Creamy, Roasted	12 / 340 g	8.20	89.31					15%	6.97	75.91
 <b>MARIPOSA DAIRY</b>													
<b><u>Feta, rennetless goat milk cheese</u></b>													
		R	C	CHE006 100% Goat	8 / 200 g	4.29	30.85						
<b><u>Chevre - Soft spreadable, rennetless goat milk cheese</u></b>													
		R	C	CHE010 Plain	12 / 130 g	3.04	32.78						
		R	C	CHE402 Garlic & Fine Herbs	12 / 130 g	3.04	32.78						
 <b>MARTIN'S MARVELOUS</b>													
<i>A BC company producing all-natural, wheat-free, nut-free, gourmet granola and crackers Recipes use super-foods such as pumpkin, sunflower and hemp seeds instead of nuts. For more information, visit <a href="http://www.martinsmarvelous.com">www.martinsmarvelous.com</a></i>													
<b><u>Granola, Wheat-free Nut-free - Gluten-free certificate available on request</u></b>													
		CKW	MRT001 Pumpkin Cranberry	12 / 400 g	6.79	76.60							
		CKW	MRT002 Sunflower Raisin	12 / 400 g	6.79	76.60							
<b><u>Crisps, Gluten-free Nut-free - Gluten-free certificate available on request</u></b>													
		CKW	MRT010 Rosemary Lavender	12 / 200 g	6.79	76.60							
		CKW	MRT011 Pumpkin Cranberry	12 / 200 g	6.79	76.60							
		CKW	MRT012 Chocolate Molé	12 / 200 g	6.79	76.60							
		CKW	MRT013 Date & Olive Tapenade	12 / 200 g	6.79	76.60							
 <b>MARY'S ORGANIC</b>													
<i>Organic dairy-free, gluten-free, wheat-free, cookies &amp; crackers made of whole grains and seeds. Crackers made with no added fat. For more information visit <a href="http://www.marysgonecrackers.com">www.marysgonecrackers.com</a></i>													
<b><u>Love Cookies, Organic, Wheat-Free &amp; Gluten-Free</u></b>													
		DGfKOW	MRY053 Double Chocolate	6 / 155 g	4.37	23.84		15%	3.71	20.26			
		DGfKOW	MRY050 Chocolate Chip	6 / 155 g	4.37	23.84		15%	3.71	20.26			
		DGfKOW	MRY051 Ginger Snaps	6 / 155 g	4.37	23.84		15%	3.71	20.26			
		DGfKOW	MRY052 N'Oatmeal Raisin (no-oats)	6 / 155 g	4.37	23.84		15%	3.71	20.26			
<b><u>Gourmet Crackers, Organic, Wheat-Free &amp; Gluten-Free</u></b>													
		DGfKOW	MRY004 Black Pepper	12 / 184 g	4.54	49.50					15%	3.86	42.08
		DGfKOW	MRY001 Caraway	12 / 184 g	4.54	49.50					15%	3.86	42.08
		DGfKOW	MRY002 Herb	12 / 184 g	4.54	49.50					15%	3.86	42.08
		DGfKOW	MRY005 Onion	12 / 184 g	4.54	49.50					15%	3.86	42.08
		DGfKOW	MRY003 Original	12 / 184 g	4.54	49.50					15%	3.86	42.08
<b><u>Sticks and Twigs, Organic, Wheat-Free &amp; Gluten-Free</u></b>													
		DGfKOW	MRY022 Curry	12 / 227 g	4.44	48.47					15%	3.77	41.20
		DGfKOW	MRY020 Sea Salt	12 / 227 g	4.44	48.47					15%	3.77	41.20
		DGfKOW	MRY023 Tomato Chipotle	12 / 227 g	4.44	48.47					15%	3.77	41.20

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

## MI-DEL

*Old-fashioned recipes, gluten-free options. For more information, visit [www.midelcookies.com](http://www.midelcookies.com)*

### Cookies

K	MID008	Chocolate Snaps	12 / 283 g	4.81	52.48								
K	MID005	Ginger Snaps	12 / 283 g	4.81	52.48								

### Cookies, Gluten-Free

GfKW	MID012	Arrowroot Animal	12 / 227 g	4.81	52.48								
GfKW	MID011	Ginger Snaps	12 / 227 g	4.81	52.48								
GfKW	MID010	Mini Chocolate Chip	12 / 227 g	4.81	52.48								
GfKW	MID013	Mini Pecan Cookies	12 / 227 g	4.81	52.48								

## MOLLY B'S GLUTEN-FREE KITCHEN

*Gluten-free has never been easier with Molly B's. Well-researched mixes are the perfect fit for any gluten-free or even low-wheat diet*

*Wheat-free mixes made with potato, rice, sorghum & tapioca. For more information visit [www.mollybg glutenfree.com](http://www.mollybg glutenfree.com)*

### Mixes

CGFW	MLY007	Buckwheat Crepe	12 / 500 g	5.56	60.00								
CGFW	MLY001	Belgium Waffle 'n Pancake	12 / 500 g	4.77	51.43								
CGFW	MLY002	Cake & Muffin	12 / 500 g	4.77	51.43								
CGFW	MLY003	Nutritious Crepe	12 / 500 g	4.77	51.43								
CGFW	MLY005	Ultimate Pie Crust	12 / 500 g	4.77	51.43								

### Flour Blends

CGFW	MLY006	Cookie Flour Blend	12 / 500 g	4.77	51.43								
CGFW	MLY004	Bread Flour Blend	12 / 500 g	4.77	51.43								

### • Gluten-free Frozen Desserts

#### Brownies - New

F	CGFW	<b>MLY016 Naked (unfrosted) - New</b>	12 / 320 g	6.35	68.58								
F	CGFW	<b>MLY017 Ultimated (frosted) - New</b>	12 / 345 g	7.15	77.15								

## MOM'S HEALTHY SECRETS

*Wholesome family recipes, filled with nutrition and a few healthy secrets. For more information visit [www.momshealthysecrets.com](http://www.momshealthysecrets.com)*

### January Line Drive

#### Natural Cereal

c	MOM010	Fiber Fit	12 / 320 g	4.13	44.58								
---	--------	-----------	------------	------	-------	--	--	--	--	--	--	--	--

#### Organic Cereal

co	MOM011	Omega Active	12 / 320 g	4.13	44.58								
co	MOM012	Vibra Berry	12 / 320 g	4.13	44.58								

## MORI NU

*Tofu made exclusively with Non GMO soybeans in a convenient long-life shelf stable package. For more information visit [www.morinu.com](http://www.morinu.com)*

### Tofu - UHT - Shelf Stable

	MRN010	Extra Firm	12 / 349 g	2.22	24.18								
	MRN011	Firm	12 / 349 g	2.22	24.18								
	MRN012	Light Firm	12 / 349 g	2.22	24.18								
	MRN013	Soft	12 / 340 g	2.22	24.18								

## MORNINGTON DAIRY CO-OP

*Committed to producing the finest goat's milk products possible, Mornington's farmers only feed vegetable-based feed*

*helping to ensure Mornington's goat's milk products are among the best in Ontario. For more information visit [www.morningtondairy.com](http://www.morningtondairy.com)*

### Butter, Goat

R	C	MRG400 Butter - Unsalted	12 / 250 g	5.93	64.96								
---	---	--------------------------	------------	------	-------	--	--	--	--	--	--	--	--

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### Cheese, Goat

R	C	MRG300	Curds	12 / 250 g	6.32	69.25							
R	C	MRG301	Marble	12 / 200 g	6.50	71.30							
R	C	MRG302	Mild Cheddar	12 / 200 g	6.50	71.30							
R	C	MRG303	Medium Cheddar	12 / 200 g	6.83	74.89							
R	C	MRG304	Old Cheddar	12 / 200 g	7.14	78.33							

### Milk, Goat - In 1L Gabletop Cartons or Bags

R	C	MRG020	2% Carton	12 / 1 L	2.77	32.26							
R	C	MRG021	3.25% Carton	12 / 1 L	2.77	32.26							
R	C	MRG030	2% Bag	3 / 4 L	9.94	29.02							
R	C	MRG031	3.25% Bag	3 / 4 L	9.94	29.02							

## MOUNTAIN GEMS

*Organic, Fairly Traded coffee roasted in Mississauga. For more information visit [www.javaworkscoffee.ca](http://www.javaworkscoffee.ca)*

### Decaf (Swiss Water Process) Fairly Traded Organic Whole Bean Coffee

CKOT	MTG005	Decaf, Dark Roast	6 / 454 g	12.96	70.75								
------	--------	-------------------	-----------	-------	-------	--	--	--	--	--	--	--	--

### Fairly Traded Organic Whole Bean Coffee

CKOT	MTG007	Ethiopia	6 / 454 g	12.14	66.27								
CKOT	MTG006	Peruvian	6 / 454 g	11.48	62.69								
CKOT	MTG001	Espresso	6 / 454 g	11.48	62.69								
CKOT	MTG002	French Riviera, Dark Roast	6 / 454 g	11.48	62.69								
CKOT	MTG003	Hummingbird, Medium Roast	6 / 454 g	11.48	62.69								

## NATIVE FOREST

*Sustainably farmed natural and organic, coconut milk, fruits and vegetables.*

*For more information visit [www.edwardandsons.com/native\\_info.html](http://www.edwardandsons.com/native_info.html)*

### Organic Gluten-free Canned Fruit packed in fresh organic fruit juice

GFO	NAF009	Grapefruit Segments	6 / 540 ml	4.63	24.36						15%	3.94	20.71
-----	--------	---------------------	------------	------	-------	--	--	--	--	--	-----	------	-------

### Organic Canned Fruit packed in fresh organic fruit juice

o	NAF007	Asian Pears, Sliced	6 / 398 ml	3.95	20.78						15%	3.36	17.66
o	NAF008	Peaches, Sliced	6 / 398 ml	3.90	20.51						15%	3.32	17.43
o	NAF004	Pineapple Crushed	6 / 398 ml	3.61	18.99						15%	3.07	16.14
o	NAF003	Pineapple Chunks	6 / 398 ml	3.51	18.47						15%	2.98	15.70
o	NAF006	Mandarin Oranges	6 / 284 ml	2.84	14.92						15%	2.41	12.68
o	NAF001	Mango Chunks	6 / 398 ml	3.61	18.99						15%	3.07	16.14
o	NAF005	Tropical Fruit Salad	6 / 284 ml	3.61	18.99						15%	3.07	16.14

### Organic Canned Vegetables

KO	NAF043	Mushrooms	12 / 207 ml	1.93	20.30								
o	NAF042	Hearts of Palm	12 / 400 g	4.93	51.88								

### Canned Artichoke Hearts

	NAF041	Artichoke Hearts, Whole	6 / 400 g	4.92	25.89								
--	--------	-------------------------	-----------	------	-------	--	--	--	--	--	--	--	--

### Coconut Milk, Organic

o	NAF120	Coconut Milk	12 / 400 ml	3.05	32.08				15%	2.59	27.27		
o	NAF121	Coconut Milk, Light	12 / 400 ml	3.05	32.04				15%	2.59	27.23		

## NATRACARE

*Chemical and additive free; biodegradable, containing only organic and natural ingredients. For more information visit [www.natracare.com](http://www.natracare.com)*

### • Pads, Panty Liners, Baby Wipes & Nursing Pads

#### Natural Pads & Panty Liners

G	NTR021	Ultra Long Pads w/ wings	12 / 10 ct	4.52	47.65								
G	NTR014	Ultra Regular Pads w/ wings	12 / 14 ct	4.52	47.65								
G	NTR020	Ultra Super Pads w/ wings	12 / 12 ct	4.52	47.65								

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax FIR	Qty	Code	Description	Size	*Sngl	Case				Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
G		NTR022	Ultra Super Plus Pads	12 / 12 ct	4.52	47.65									
G		NTR005	Regular Pads	12 / 14 ct	3.62	38.11									
G		NTR006	Super Pads	12 / 12 ct	3.62	38.11									
G		NTR004	Slender Pads	12 / 20 ct	4.07	42.88									
G		NTR007	Night Time Pads, extra long	12 / 10 ct	4.52	47.65									
G		NTR030	Dry + Light Incontinence Pads	6 / 20 ct	5.43	28.60									
G		NTR023	Mini Panty Liners - New Name	10 / 30 ct	2.86	25.07									
G		NTR003	Panty Liners, Breatheable	15 / 30 ct	2.40	35.97									
							sub w/ NTR023								
<b>Natural Panty Liners - organic cotton cover</b>															
G		NTR017	Panty Liners, Tanga	16 / 30 ct	2.86	40.10									
G		NTR016	Panty Liners, Curved	16 / 30 ct	2.86	40.10									
<b>Cotton Panty Liners - made with certified organic cotton</b>															
G	O	NTR019	Ultra Thin Panty Liners	16 / 22 ct	3.63	51.04									
<b>Baby Wipes and Intimate Wipes - made with certified organic cotton</b>															
G	O	NTR035	Intimate Wipes - Full or Half Cases Only	24 / 12 ct	3.23	67.95									
H	O	NTR100	Baby Wipes	16 / 50 ct	5.78	81.15									
<b>Natural New Mother Products</b>															
G		NTR041	Nursing Pads	12 / 25 ct	3.17	33.33									
G		NTR040	Maternity Pads	10 / 10 ct	4.52	39.72									
<b>• Organic Cotton Tampons</b>															
<b><u>Tampons, Applicator Style, 100% Organic Cotton</u></b>															
G	O	NTR010	Regular 16-pack	12 / 16 ct	6.82	71.82									
G	O	NTR011	Super 16-pack	12 / 16 ct	6.82	71.82									
<b><u>Tampons, Non-Applicator (Digital) Style, 100% Organic Cotton</u></b>															
G	O	NTR013	Super 10-pack	20 / 10 ct	3.56	62.48									
G	O	NTR012	Regular 10-pack	20 / 10 ct	3.56	62.48									
G	O	NTR002	Super 20-pack	12 / 20 ct	5.91	62.24									
G	O	NTR001	Regular 20-pack	12 / 20 ct	5.91	62.24									
G	O	NTR015	Super Plus 20-pack	12 / 20 ct	6.36	67.03									

### NATUR-A

*The soy beverages and Glacé are made with certified organic Canadian grown soybeans. Glacé is made without maltodextrin, dextrose, glucose or mono & di-glycerides. Almond beverages are sweetened with organic cane sugar. For more information visit [www.nutrisoya.com](http://www.nutrisoya.com)*

#### • UHT - Full Cases Only

##### Enriched Gluten-free Almond Beverage

CDGFK	NTS080	Unsweetened	12 / 946 ml	27.83											
CDGFK	NTS081	Original	12 / 946 ml	27.83											
CDGFK	NTS082	Vanilla	12 / 946 ml	27.83											
CDGFK	NTS083	Chocolate	12 / 946 ml	27.83											

##### S2 Fortified Soy Beverage

CDKO	NTS060	Orange	6 / 4x315ml	25.30											
CDKO	NTS061	Mango-Pineapple	6 / 4x315ml	25.30											
CDKO	NTS062	Apple	6 / 4x315ml	25.30											

##### Soy Beverage

CDKO	NTS012	Cappuccino	12 / 946 ml	27.67											
CDKO	NTS001	Original	12 / 946 ml	27.67											
CDKO	NTS002	Unsweetened	12 / 946 ml	27.67											
CDKO	NTS003	Vanilla	12 / 946 ml	27.67											
CDKO	NTS004	Chocolate	12 / 946 ml	27.67											
CDKO	NTS005	Strawberry	12 / 946 ml	27.67											
CDKO	NTS010	Light Original	12 / 946 ml	27.67											
CDKO	NTS011	Light Vanilla	12 / 946 ml	27.67											

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b><u>Soy Beverage Prisma Single-Serve - 3-packs</u></b>													
		CDKO	NTS045	Cappuccino	8 / 3x200 ml		20.60						
		CDKO	NTS040	Original	8 / 3x200 ml		20.60						
		CDKO	NTS041	Unsweetened	8 / 3x200 ml		20.60						
		CDKO	NTS042	Vanilla	8 / 3x200 ml		20.60						
		CDKO	NTS043	Chocolate	8 / 3x200 ml		20.60						
		CDKO	NTS044	Strawberry	8 / 3x200 ml		20.60						
<b><u>Rice Beverage</u></b>													
NS		CDKO	NTS030	Original	12 / 946 ml		28.29						
NS		CDKO	NTS031	Vanilla	12 / 946 ml		28.29						
<b>• Fresh, Gabletop Cartons, 1.89 L - Full Cases Only</b>													
<b><u>Fresh Soy Beverage - Gabletop Cartons - 1.89L</u></b>													
R		CDKO	NTS050	Original	6 / 1.89 L		20.86						
R		CDKO	NTS051	Unsweetened	6 / 1.89 L		20.86						
R		CDKO	NTS052	Vanilla	6 / 1.89 L		20.86						
R		CDKO	NTS053	Chocolate	6 / 1.89 L		20.86						
<b>• Glacé, Frozen</b>													
<b><u>Non-Dairy Dessert, Frozen</u></b>													
F		CDKO	NTS100	Chocolate	6 / 946 ml	4.92	26.85						
F		CDKO	NTS101	Maple	6 / 946 ml	4.92	26.85						
F		CDKO	NTS102	Strawberry	6 / 946 ml	4.92	26.85						
F		CDKO	NTS103	Vanilla	6 / 946 ml	4.92	26.85						
<b>NATURAL CHOICE FOODS</b>													
<i>Organically delicious, fat free, dairy free, cholesterol free, preservative free, Kosher products.</i>													
<i>Sorbets made from fresh fruit purees, evaporated cane juice and purified water. For more information visit <a href="http://www.ncf-inc.com">www.ncf-inc.com</a></i>													
<b><u>Fruit Sorbet Pints, Frozen, Organic</u></b>													
H	F	KO	NCF009	Coconut	8 / 473 ml	4.81	33.76						
H	F	KO	NCF002	Blueberry	8 / 473 ml	4.81	33.76						
H	F	KO	NCF004	Lemon	8 / 473 ml	4.81	33.76						
H	F	KO	NCF005	Mango	8 / 473 ml	4.81	33.76						
H	F	KO	NCF006	Strawberry	8 / 473 ml	4.81	33.76						
H	F	KO	NCF007	Strawberry / Kiwi	8 / 473 ml	4.81	33.76						
<b><u>Fruit Bars, Frozen, Organic - 6-packs</u></b>													
H	F	KO	NCF100	Coconut	6 / 468 ml	5.65	29.78						
H	F	KO	NCF101	Orange	6 / 468 ml	5.65	29.78						
H	F	KO	NCF102	Raspberry	6 / 468 ml	5.65	29.78						
H	F	KO	NCF103	Strawberry	6 / 468 ml	5.65	29.78						
H	F	KO	NCF104	Pink Lemonade	6 / 468 ml	5.65	29.78						
H	F	KO	NCF154	Tropical Tangerine	6 / 487 ml	5.65	29.78						
H	F	KO	NCF155	Mango	6 / 486 ml	5.65	29.78						
H	F	KO	NCF156	Pomegranate Berry	6 / 486 ml	5.65	29.78						
<b>NATURE CLEAN</b>													
<i>Canadian made non-toxic biodegradable household &amp; personal care products. Created from naturally derived ingredients following strict guidelines to avoid using any possible suspected carcinogens. For more information visit <a href="http://www.naturecleanliving.com">www.naturecleanliving.com</a></i>													
<b>TreeHouse Personal Care for Children</b>													
<i>Hypoallergenic, dermatologist tested children's line from Nature Clean; no SLS, SLES, PEG, parabens, sulphates, perfumes or dyes.</i>													
<b><u>Toothpaste, Fluoride-Free</u></b>													
H		C	TRH019	Berry Fresh	8 / 60 g	6.32	45.98		15%	5.37	39.08		
H		C	TRH020	Melon Burst	8 / 60 g	6.32	45.98		15%	5.37	39.08		

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b><u>Hair Care Care</u></b>													
H	c	TRH011	2-in-1 Shampoo, Berry Blast	4 / 350 ml	8.12	29.56		15%	6.90	25.13			
H	c	TRH002	2-in-1 Shampoo, Berry Blast	4 / 950 ml	15.25	55.53		15%	12.96	47.20			
H	c	TRH016	Leave-in Detangler, Berry Blast	4 / 350 ml	8.12	29.56		15%	6.90	25.13			
<b><u>Bodywash &amp; Bubble Bath</u></b>													
H	c	TRH013	Bodywash, Wacky Melon	4 / 350 ml	8.12	29.56		15%	6.90	25.13			
H	c	TRH014	Bubble Bath, Berry Blast	4 / 350 ml	8.12	29.56		15%	6.90	25.13			
H	c	TRH005	Bubble Bath, Berry Blast	4 / 950 ml	15.25	55.53		15%	12.96	47.20			
<b><u>Bar Soap &amp; Foaming Hand Soap</u></b>													
H	c	TRH022	Bar Soap, Berry Blast	12 / 99 g	4.15	45.32		15%	3.53	38.52			
H	c	TRH023	Bar Soap, Wacky Melon	12 / 99 g	4.15	45.32		15%	3.53	38.52			
H	c	TRH009	Foaming Hand Soap, Wacky Melon	4 / 950 ml	10.28	37.44		15%	8.74	31.82			
H	c	TRH018	Foaming Hand Soap, Wacky Melon	4 / 250 ml	5.87	21.38		15%	4.99	18.17			
<b><u>Body Lotion</u></b>													
H	c	TRH017	Body Lotion, unscented	4 / 350 ml	8.12	29.56		15%	6.90	25.13			
<b><u>Biodegradable Natural Wipes</u></b>													
H	c	TRH021	Unscented Wipes	12 / 72 ct	4.92	53.74		15%	4.18	45.68			
<b>• Biodegradable Personal Care Products</b>													
<b><u>Bath Bar</u></b>													
H	c	CLE210	Sensitive, unscented	12 / 99 g	3.37	36.72					15%	2.86	31.21
H	c	CLE211	Refreshing Geranium Mint	12 / 99 g	3.37	36.72					15%	2.86	31.21
H	c	CLE212	Calming Lavender & Oatmeal	12 / 99 g	3.37	36.72					15%	2.86	31.21
<b><u>Pure Hair Care, Shampoo</u></b>													
H	c	CLE214	Sensitive, unscented	6 / 300 ml	8.68	47.38					15%	7.38	40.27
H	c	CLE216	Moisture	6 / 300 ml	8.68	47.38					15%	7.38	40.27
H	c	CLE218	Body	6 / 300 ml	8.68	47.38					15%	7.38	40.27
H	c	CLE220	Nourishment	6 / 300 ml	8.68	47.38					15%	7.38	40.27
<b><u>Pure Hair Care, Conditioner</u></b>													
H	c	CLE213	Sensitive, unscented	6 / 300 ml	8.68	47.38					15%	7.38	40.27
H	c	CLE215	Moisture	6 / 300 ml	8.68	47.38					15%	7.38	40.27
H	c	CLE217	Body	6 / 300 ml	8.68	47.38					15%	7.38	40.27
H	c	CLE219	Nourishment	6 / 300 ml	8.68	47.38					15%	7.38	40.27
<b><u>Pure Vegetable Hand Soap, Bar &amp; Liquid</u></b>													
H	c	CLE083	Liquid Soap, Unscented	6 / 500 ml	4.71	25.71							
H	c	CLE082	Unscented (was Liquid Castile Soap)	12 / 1 L	5.76	66.99							
H	c	CLE261	Liquid Hand Soap, Citrus	6 / 500 ml	4.71	25.71							
H	c	CLE262	Liquid Hand Soap, Peppermint	6 / 500 ml	4.71	25.71							
<b><u>Pure Vegetable Hand Soap, Eco Re-fill (carton w/tap)</u></b>													
H	c	CLE263	Liquid Soap, Peppermint - Disco'd	4 / 3 L	15.25	55.53	- Disco'd						
<b><u>Lotion</u></b>													
H	c	CLE184	Moisturizing Lotion (unscented)	6 / 400 ml	8.35	45.59							
<b>• Biodegradable Dishwashing Products</b>													
<b><u>Dishwashing Liquid</u></b>													
H	c	CLE077	Lavender & Tea Tree	12 / 575ml	3.08	35.83		15%	2.62	30.46			
H	c	CLE106	Lavender & Tea Tree	6 / 800 ml	4.35	23.74		15%	3.70	20.18			
H	c	CLE079	Mandarin & Grapefruit	12 / 575ml	3.08	35.83		15%	2.62	30.46			
H	c	CLE107	Mandarin & Grapefruit	6 / 800 ml	4.35	23.74		15%	3.70	20.18			
H	c	CLE078	Unscented	12 / 575ml	3.08	35.83		15%	2.62	30.46			
H	c	CLE063	Unscented	12 / 1 L	4.35	47.47		15%	3.70	40.35			
H	c	CLE064	Unscented, BULK	4 / 3.63 L	13.04	47.47		15%	11.08	40.35			
<b><u>Dishwashing Liquid Eco Re-fill (carton w/tap)</u></b>													
H	c	CLE250	Mandarin & Grapefruit	4 / 3 L	14.50	52.78		15%	12.33	44.86			

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Automatic Dishwashing</b>													
H	c	NCL151	Auto Dishwasher Pacs	8 / 24 ct	7.25	52.78		15%	6.16	44.86			
H	c	CLE105	Auto Dish - Gel	6 / 1.8 L	9.12	49.80		15%	7.75	42.33			
H	c	CLE076	Dishwasher Powder	10 / 1.8 kg	7.31	70.90		15%	6.21	60.27			
H	c	CLE150	Rinse Agent	12 / 250 ml	4.17	45.50		15%	3.54	38.68			
<b>• Biodegradable Household Cleaning</b>													
H	c	CLE161	Multi-Surface Cleaner & Degreaser	6 / 946 ml	5.84	31.89							
H	c	CLE140	Kitchen & Bath Spray - Disco'd	12 / 946 ml	3.89	42.45	- Disco'd						
H	c	CLE067	Tub & Tile Cleanser	12 / 500 ml	3.79	41.38							
H	c	CLE129	Tile and Grout Cleaner - Disco'd	12 / 500 ml	5.19	56.60	- Disco'd						
H	c	CLE139	Tile & Bath Spray	12 / 946 ml	5.00	54.63							
H	c	CLE048	Toilet Bowl, Refill	12 / 1 L	4.82	52.66							
H	c	NCL225	Window Cleaner, Unscented	12 / 946 ml	4.00	43.71							
H	c	CLE162	Microwave & Oven Cleaner - Disco'd	12 / 946 ml	5.51	60.18	- Disco'd						
H	c	CLE041	Cleaning Lotion, All Purpose	12 / 1 L	4.82	52.66							
H	c	CLE042	Cleaning Lotion, All Purpose	4 / 3.63 L	14.30	52.06							
H	c	NCL022	Fabric Refresher, Lavender Fields - Disco'd	12 / 750 ml	6.69	73.08	- Disco'd						
H	c	CLE012	Fabric Refresher, Unscented - Disco'd	12 / 750 ml	6.69	73.08	- Disco'd						
H	c	CLE163	Furniture Polish, Mandarin & Grapefruit	12 / 500 ml	7.02	76.66							
H	c	CLE069	Drain Cleaner, Natural	6 / 1 L	4.14	22.57							
<b>Floor Cleaners</b>													
H	c	CLE038	No Wax & Ceramic	12 / 1 L	4.74	51.77							
H	c	CLE091	Hardwood & Laminate - Disco'd	12 / 946 ml	5.84	63.77	- Disco'd						
<b>Disinfecting and Deodorizing</b>													
H	c	CLE110	Pet Stain & Odour Remover	6 / 1 L	6.38	34.84							
H	c	CLE109	Disinfectant Spray	6 / 250 ml	5.25	28.66							
<b>Air Freshener</b>													
H	c	CLE010	Citrus Breeze - Disco'd	6 / 250 ml	4.84	26.42	- Disco'd						
H	c	CLE011	Lavender & Warm Vanilla - Disco'd	6 / 250 ml	4.84	26.42	- Disco'd						
<b>• Produce Wash</b>													
H	c	NCL700	Fruit & Veggie Wash	6 / 500 ml	4.22	23.02							
H	c	CLE090	Fruit & Veggie Wash, Refill	12 / 700 ml	4.48	48.90							
<b>• Biodegradable Laundry Products</b>													
<b>Detergent Liquid - 3x Concentrate</b>													
H	c	CLE179	Citrus Blossom - 43 loads	12 / 1 L	8.22	89.74		15%	6.99	76.28			
H	c	CLE175	Unscented - 43 loads	12 / 1 L	8.22	89.74		15%	6.99	76.28			
<b>Detergent Liquid - 3x Concentrate Eco Re-fill (carton w/tap)</b>													
H	c	CLE178	Citrus Blossom - 129 loads - Disco'd	4 / 3 L	24.40	88.84	- Disco'd	15%	20.74	75.51			
H	c	CLE177	Unscented - 129 loads - Disco'd	4 / 3 L	24.40	88.84	- Disco'd	15%	20.74	75.51			
<b>Detergent Liquid - Eco Re-fill (carton w/tap)</b>													
H	c	CLE172	HE Lavender Fields - 50 loads - Disco'd	4 / 3 L	12.35	44.96	- Disco'd						
<b>Detergent Liquid</b>													
H	c	CLE173	HE Lavender Fields - 30 loads	4 / 1.81 L	7.68	27.95		15%	6.53	23.76			
H	c	CLE070	Unscented - 30 loads	4 / 1.82 L	7.68	27.95		15%	6.53	23.76			
<b>Detergent Liquid - Plastic Jug</b>													
H	c	CLE171	Unscented - 50 loads	4 / 3 L	11.32	41.20		15%	9.62	35.02			
<b>Detergent Powder, Unscented HE</b>													
H	c	CLE047	Ultra Laundry Powder - 58 lds	4 / 3.4 kg	12.05	43.89		15%	10.24	37.31			
<b>Bleach &amp; Stain</b>													
H	c	CLE057	Liquid	4 / 3.63 L	7.27	26.45		15%	6.18	22.48			
H	c	CLE056	Liquid	12 / 1 L	3.04	33.14		15%	2.58	28.17			
H	c	CLE111	Powder / Oxy Stain Remover	6 / 700 g	6.55	35.74		15%	5.57	30.38			
H	c	CLE014	Laundry Stain Remover - Disco'd	12 / 750 ml	5.84	63.77	- Disco'd	15%	4.96	54.20			

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Fabric Softener</b>													
H	c	CLE054	Fabric Softener	12 / 1 L	3.84	41.92		15%	3.26	35.63			
H	c	CLE055	Fabric Softener - Disco'd	4 / 3.63 L	10.71	38.99	- Disco'd						
<b>Dishwashing - BULK</b>													
H	c	CLE065	Dishwashing Liquid, Unscented	1 / 18 kg	71.71			15%	60.95				
<b>Laundry - BULK</b>													
H	c	CLE174	3X Conc. Liquid, unscented	1 / 18 L	122.24								
H	c	CLE050	Ultra Laundry Powder	1 / 17 kg	47.77			15%	40.60				
H	c	CLE072	Laundry Liquid, Unscented	1 / 18 L	63.00			15%	53.55				
<b>Household Cleaning - BULK</b>													
H	c	NCL102	All Purpose Cleaning Lotion	1 / 18 L	66.15								

### NATURE'S PATH

*Certified Organic cereals; snack, granola and nutrition bars; pancake mix, flax seed, waffles and bread. For more information visit [www.naturespath.com](http://www.naturespath.com)*

#### • Cold Cereal

##### Love Crunch Cereal in Bags, Organic - New

KO	NAT016	<b>Dk Choc. &amp; Red Berries - New</b>	6 / 325 g	5.03	27.53		25%	3.77	20.65
KO	NAT017	<b>Carrot Cake - New</b>	6 / 325 g	5.03	27.53		25%	3.77	20.65
KO	NAT018	<b>Apple Crumble - New</b>	6 / 325 g	5.03	27.53		25%	3.77	20.65
KO	NAT019	<b>Aloha Blend - New</b>	6 / 325 g	5.03	27.53		25%	3.77	20.65

##### Gluten-free Cereal, EnviroKidz, Organic

CGFKOW	NAT080	Leapin' Lemurs	12 / 300 g	4.93	54.37				
CGFKOW	CER072	Gorilla Munch	12 / 275 g	4.51	49.36				
CGFKOW	CER073	Koala Crisp	12 / 325 g	4.51	49.36				
CGFKOW	CER075	Panda Puffs	12 / 284 g	4.51	49.36				

##### Cereal, in Boxes, Organic

CKO	NAT015	Heritage Crunch	12 / 400 g	4.48	49.09				
CKOW	NAT061	Spelt Flakes	12 / 350 g	4.51	49.36				
CGFKOW	NAT036	Whole O's - gluten-free	12 / 325 g	4.48	49.06				
CKO	CER015	Shredded Oaty Bites	12 / 375 g	4.51	49.36				
CKO	CER020	Multigrain Oatbran Flakes	12 / 375 g	4.41	48.24				
CKOW	CER022	Millet Rice Flakes	12 / 375 g	4.51	49.36				
CGFKOW	CER019	Mesa Sunrise, gluten-free	12 / 300 g	4.51	49.36				
CGFKOW	CER043	Honey'd Corn Flakes, gluten-free	12 / 300 g	4.51	49.38				
CKO	CER027	Heritage Flakes	12 / 375 g	4.51	49.36				
CKO	CER023	FlaxPlus™ Raisin Bran	12 / 400 g	4.51	49.36				
CKO	NAT031	FlaxPlus™	12 / 375 g	4.51	49.36				
CKO	NAT030	Eight Grain Flakes	12 / 400 g	4.51	49.36				
CGFKOW	CER145	Crispy Rice - gluten-free	12 / 284 g	4.51	49.36				
CGFKOW	CER024	Corn Flakes w/Fruit Juice, gluten-free	12 / 300 g	4.51	49.36				
CKO	CER035	Heritage Muesli	12 / 350 g	5.10	55.85				
CKO	CER036	Blueberry Almond Muesli	12 / 350 g	5.10	55.85				

##### Granola, in Boxes, Organic

CKOW	CER148	Pomegran Plus w/Cherries	12 / 325 g	4.41	48.31				
CKOW	CER147	Peanut Butter	12 / 325 g	4.41	48.31				
CKOW	CER140	HempPlus	12 / 325 g	4.41	48.31				
CKOW	CER142	Ginger Zing	12 / 325 g	4.41	48.31				
CKOW	CER144	FlaxPlus™ w/Pumpkin	12 / 325 g	4.41	48.31				
CKOW	CER150	FlaxPlus™ Vanilla Almond	12 / 325 g	4.41	48.31				
CKOW	CER149	AgavePlus w/ Sunflower Seeds	12 / 325 g	4.41	48.31				
CKOW	CER146	AcaiPlus™ w/Apple	12 / 325 g	4.41	48.31				

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b><u>Cereal, Premium, in Boxes, Organic</u></b>													
		CGFKOW NAT062	Crunchy Maple Sunrise, gluten-free	12 / 300 g	4.91	53.77							
		CGFKOW NAT063	Crunchy Vanilla Sunrise, gluten-free	12 / 300 g	4.91	53.77							
<b><u>Cereal, Premium, in Boxes, Organic</u></b>													
		KO NAT033	FlaxPlus™ Red Berry Crunch	12 / 300 g	4.91	53.77							
		KO NAT034	FlaxPlus™ Maple Pecan Crunch	12 / 325 g	4.91	53.77							
		KO NAT035	Smart Bran, with Psyllium	12 / 300 g	4.94	54.07							
		KO NAT060	Optimum Cranberry Ginger	12 / 350 g	4.94	54.07							
		KO NAT023	Optimum Slim	12 / 400 g	4.94	54.19							
		KO NAT024	Optimum Banana Almond	12 / 311 g	4.94	54.19							
		KO CER059	Optimum Blueberry Cinnamon	12 / 400 g	4.94	54.19							
		KO NAT032	FlaxPlus™ Pumpkin Raisin Crunch	12 / 350 g	4.94	54.07							
<b><u>Cereal, Eco-Packs, Organic</u></b>													
		CKO CER161	FlaxPlus™ Granola, Pumpkin	6 / 750 g	8.90	48.79							
		CKO CER160	Hemp Plus Granola	6 / 750 g	8.90	48.79							
		CKO CER033	Heritage O's	6 / 907 g	8.99	49.28							
		CKO CER037	Raspberry (Heritage) Muesli	6 / 750 g	10.17	55.75							
		CKO CER038	Blueberry Almond Muesli	6 / 750 g	10.17	55.75							
<b><u>Cereal, Eco-Packs, Organic - in stand-up bags</u></b>													
		CGFKO CER158	Mesa Sunrise Raisin	6 / 825 g	8.99	49.28							
		CKO CER159	Flax Plus Cinnamon	6 / 907 g	8.99	49.28							
		CGFKOW CER046	Mesa Sunrise, gluten-free	6 / 750 g	8.11	44.45							
		CGFKOW CER045	Honey'd Corn Flakes, gluten-free	6 / 750 g	8.11	44.45							
		CGFKOW CER028	Corn Flakes w/ Fruit Juice, gluten-free	6 / 750 g	8.11	44.45							
		CKO CER029	Multigrain Flakes	6 / 907 g	8.99	49.28							
		CKOW CER031	Millet Rice Flakes	6 / 907 g	8.99	49.28							
		CKO CER017	Kamut Krisp Flakes	6 / 750 g	8.99	49.28							
		CKO CER034	Heritage Flakes	6 / 907 g	8.99	49.28							
		CGFKOW CER079	EnviroKidz Panda Puffs, gluten-free	6 / 700 g	8.99	49.25							
		CGFKOW CER078	EnviroKidz Koala Crisp, gluten-free	6 / 725 g	8.99	49.25							
		CGFKOW CER077	EnviroKidz Gorilla Munch, gluten-free	6 / 650 g	8.99	49.25							
		CGFKOW CER032	Crispy Rice, gluten-free	6 / 750 g	8.99	49.28							
<b><u>Cereal, Jumbo Boxes, Organic</u></b>													
		CKO NAT012	FlaxPlus™ Multi-bran	6 / 1 kg	10.03	54.93							
		CKO NAT013	Optimum Blueberry Cinnamon	6 / 1 kg	10.41	57.04							
		CKOW NAT150	FlaxPlus™ w/Pumpkin, Jumbo	6 / 800 g	11.20	61.83							
<b><u>Granola, Organic - BULK</u></b>													
		CKO CER162	FlaxPlus Vanilla Almond	1 / 11.35 kg	105.83								
		CKO CER163	Pomegran Plus w/Cherries	1 / 11.35 kg	105.83								
		CKO CER137	FlaxPlus™ w/Pumpkin	1 / 11.35 kg	91.86								
		CKO CER131	Ginger Zinger	1 / 11.35 kg	91.86								
		CKO CER130	HempPlus	1 / 11.35 kg	91.86								
<b><u>Cereal, Puffed, Organic</u></b>													
		CKOW CER152	Corn Puffs	12 / 170 g	2.69	29.50							
		CKO CER156	Kamut Puffs	12 / 170 g	2.69	29.50							
		CKOW CER155	Millet Puffs	12 / 170 g	2.69	29.50							
		CKOW CER154	Rice Puffs	12 / 170 g	2.69	29.50							
<b>• Hot Cereal</b>													
<b><u>Optimum - Hot Cereal in a Pouch, Organic</u></b>													
		CKOW NAT130	Optimum Power	6 / 8x40 g	4.82	26.58							
		CKOW NAT131	Optimum Zen	6 / 8x40 g	4.82	26.58							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b><u>Nature's Path - Hot Cereal in a Pouch, Organic</u></b>													
		CKOW NAT121	Apple Cinnamon	6 / 8x50 g	4.82	26.58							
		CKOW NAT123	Flax & Oats	6 / 8x50 g	4.82	26.58							
		CKOW NAT118	HempPlus, with Flaxseed	6 / 8x40 g	4.82	26.58							
		CKOW NAT122	Maple Nut	6 / 8x50 g	4.82	26.58							
		CKOW NAT125	Multigrain Raisin Spice	6 / 8x50 g	4.82	26.58							
		CKOW NAT124	Original	6 / 8x50 g	4.82	26.58							
		CKOW NAT117	Variety Pack - 2 each	6 / 8x50 g	4.82	26.58							
<b>• Bars</b>													
<b><u>Gluten-free EnviroKidz Crispy Rice Bars, Organic - 6-packs</u></b>													
		CGFKOW NAT603	Lemur Peanut Choco Drizzle, 6 ct	6 / 168 g	4.84	26.72							
		CGFKOW NAT604	Penguin Fruity Burst, 6 ct	6 / 168 g	4.84	26.72							
		CGFKOW NAT602	Cheetah Berry, 6 ct	6 / 168 g	4.84	26.72							
		CGFKOW NAT600	Koala Chocolate, 6 ct	6 / 168 g	4.84	26.72							
		CGFKOW NAT601	Panda Peanut Butter, 6 ct	6 / 168 g	4.84	26.72							
<b><u>Granola Bars, Chewy, Organic</u></b>													
		H CKOW NAT719	Dark Choc-chip Chococonut, 5 ct	6 / 175 g	4.84	26.72							
		H CKOW NAT629	Sweet & Salty Mmmple Pecan, 5 ct	6 / 175 g	4.69	25.87							
		H CKOW NAT724	Sweet & Salty Peanut Buddy, 6 ct	6 / 210 g	4.84	26.72							
		H CKOW NAT727	Sweet & Salty Peanut Choco, 5 ct	6 / 175 g	4.84	26.72							
		H CKOW NAT730	Trail Mix Pumpkin-N-Spice, 6 ct	6 / 210 g	4.84	26.72							
		H CKOW NAT723	Trail Mix Sunny Hemp, 6 ct	6 / 210 g	4.84	26.72							
		H CKOW NAT628	Yogurt Berry Strawberry, 5 ct	6 / 175 g	4.69	25.87							
		H CKOW NAT721	Yogurt Lotta Apricotta, 5 ct	6 / 175 g	4.84	26.72							
<b>• Frozen Manna Bread &amp; Waffles</b>													
<b><u>Waffles, Organic</u></b>													
		F CGFKO WAF020	Buckwheat, Wildberry	12 / 210 g	4.06	44.25							
		F CKO WAF021	FlaxPlus	12 / 210 g	4.06	44.25							
		F CKO WAF027	FlaxPlus Red Berry	12 / 210 g	4.06	44.25							
		F CKO WAF022	FlaxPlus with Figs	12 / 210 g	4.06	44.25							
		F CKO WAF023	Hemp Plus	12 / 210 g	4.06	44.25							
		F CGFKO WAF028	Home Style Gluten Free	12 / 210 g	4.06	44.25							
		F CKO WAF024	Maple Cinn	12 / 210 g	4.06	44.25							
		F CGFKO WAF025	Mesa Sunrise	12 / 210 g	4.06	44.25							
		F CKO WAF026	Pomegran Plus	12 / 210 g	4.06	44.25							
<b><u>Sourdough Manna Bread, Organic</u></b>													
		F CKO MAN030	Sunny Sourdough	10 / 454 g	4.28	38.94							
		F CKO MAN031	Multigrain Flax	10 / 454 g	4.28	38.94							
		F CKO MAN032	Whole Rye	10 / 454 g	4.28	38.94							
<b><u>Manna Bread, Organic</u></b>													
		F CKO MAN018	Banana Walnut Hemp	8 / 350 g	3.61	26.25							
		F CKO MAN019	Fig, Fennel & Flax	8 / 350 g	3.61	26.25							
		F CKO MAN010	Carrot Raisin	8 / 400 g	3.61	26.25							
		F CKO MAN020	Date & Cinnamon	8 / 400 g	3.61	26.25							
		F CKO MAN011	Fruit & Nut	8 / 400 g	3.61	26.25							
		F CKO MAN013	Millet Rice	8 / 400 g	3.14	22.84							
		F CKO MAN014	Multigrain	8 / 400 g	3.14	22.84							
		F CKO MAN015	Sunseed	8 / 400 g	3.14	22.84							
		F CKOW MAN016	Whole Rye	8 / 400 g	3.14	22.84							
<b>• Flaxseeds, Flaxseed meal &amp; Pancake Mix</b>													
<b><u>Gluten-free FlaxPlus™ Flaxseeds &amp; Meal</u></b>													
		CGFKOW NAT801	Flaxseeds	6 / 425 g	4.82	26.58							
		CGFKOW NAT800	Flaxseed Meal	6 / 425 g	5.45	30.10							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

**Mixes, Pancake, Organic**

CKO	NAT920		Buttermilk Pancake Mix	6 / 728 g	6.96	37.85							
CKO	NAT921		Multigrain FlaxPlus™ Pancake Mix	6 / 728 g	6.96	37.85							

**NAVITAS NATURALS**

*"Navitas" is Latin for energy. Grown on family-owned farms or wildcrafted using sustainable methods.*

*supporting local economic development among indigenous peoples. For more information visit [www.navitasnaturals.com](http://www.navitasnaturals.com)*

**Goji Power - Raw Goji Berries, Organic**

KO	NVT010		Goji Berries	12 / 113 g	5.17	54.47							
KO	NVT011		Goji Berries	12 / 227 g	9.57	100.88							
KO	NVT012		Goji Berries	6 / 454 g	18.50	97.53							

**Maca Power - Raw Peruvian Maca Powder, Organic**

KO	NVT032		Maca Powder, Gelatinized	6 / 454 g	27.61	145.58							
KO	NVT033		Maca Powder	6 / 454 g	21.12	111.35		15%	17.95	94.65			

**Cacao Power - Raw Cacao Beans, Nibs & Powder, Organic**

KO	NVT061		Chocolate Beans	12 / 227 g	8.46	89.14							
KO	NVT004		Cacao Nibs, sweetened - Disco'd	12 / 227 g	8.46	89.14	- Disco'd						
KO	NVT005		Cacao Nibs, sweetened	12 / 113 g	5.17	54.47					15%	4.39	46.30
KO	NVT001		Cacao Nibs	12 / 113 g	5.03	52.98							
KO	NVT002		Cacao Nibs	12 / 227 g	7.56	79.64					15%	6.43	67.69
KO	NVT003		Cacao Nibs	6 / 454 g	15.95	84.10							
KO	NVT006		Cacao Powder	12 / 227 g	8.94	94.22					15%	7.60	80.09
KO	NVT007		Cacao Powder	6 / 454 g	15.95	84.10							

**Cashew Power, Raw, Organic**

DKO	NVT065		Cashews	12 / 227 g	7.84	82.62							
-----	--------	--	---------	------------	------	-------	--	--	--	--	--	--	--

**Chia Power - Raw Whole Chia & Sprouted Chia Powder**

K	NVT130		Chia Seeds	12 / 227 g	5.54	58.39							
K	NVT131		Chia Seeds	6 / 454 g	10.00	52.70		15%	8.50	44.80			
K	NVT135		Sprouted Chia Powder - Disco'd	12 / 227 g	9.62	101.44	- Disco'd						

**Golden Power - Raw Golden Berries, Organic**

KO	NVT020		Golden Berries	12 / 113 g	6.28	66.21							
KO	NVT021		Golden Berries	12 / 227 g	11.73	123.62							

**Juice Powder - Raw Freeze Dried, Organic**

O	NVT050		Goji Powder	12 / 227 g	16.02	168.91		15%	13.62	143.57			
O	NVT051		Acai Powder	12 / 113 g	18.02	189.96		15%	15.32	161.47			
KO	NVT060		Pomegranate Powder	12 / 227 g	19.94	210.26							

**Mulberry Power - Raw Mulberries, Organic**

KO	NVT040		Mulberries	12 / 113 g	5.50	57.91							
KO	NVT041		Mulberries	12 / 227 g	10.12	106.67							

**Palm Power, Organic**

DKO	NVT064		Palm Sugar	6 / 454 g	6.79	35.77					15%	5.77	30.40
-----	--------	--	------------	-----------	------	-------	--	--	--	--	-----	------	-------

**Trail Power - Raw Trail Mix, Organic**

KO	NVT111		Mulberry-Goji-Inca Berry	12 / 227 g	9.25	97.53							
KO	NVT101		3 Berry-Cashews-Nibs	12 / 227 g	9.25	97.53							

**BULK, Raw, Organic**

KO	NVT068		Goji Berries BULK	1 / 4.5 kg	158.13								
KO	NVT069		Cacao Powder - BULK	1 / 4.5 kg	144.30								

**NEW WAVE ENVIRO**

*Innovative water containers and water filter products. For more information visit [www.newwaveenviro.com](http://www.newwaveenviro.com)*

**Stainless Steel Counter-top Dispenser and Porcelain Lid - sold separately but work together as a pair.**

H	NVV050		Stainless Steel 8.3 Litre Dispenser	2 / 1 ct	36.66	73.31							
H	NVV053		Porcelain Lid for Dispenser	20 / 1 ct	6.95	138.84							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### Stainless Steel Bottles

H		NWV010	355ml Kid/Lunchbox Bottle	12 / 1 ct	7.50	89.91							
H		NWV011	1 L Travel/Sport Bottle	12 / 1 ct	11.41	136.91							
H		NWV012	1.18L Backpacker Bottle	6 / 1 ct	16.56	99.36							

### Stainless Steel Bottles, 600ml Tinted with Carabiner (aluminum screw cap)

H		NWV007	Brushed Silver	12 / 1 ct	6.66	79.90							
H		NWV002	Burgundy	12 / 1 ct	6.66	79.90							
H		NWV003	Gold	12 / 1 ct	6.66	79.90							
H		NWV005	Green	12 / 1 ct	6.66	79.90							
H		NWV004	Navy	12 / 1 ct	6.66	79.90							
H		NWV006	Turquoise	12 / 1 ct	6.66	79.90							
H		NWV009	Mixed Tints 4ea, <b>Full Case Only</b>	16 / 1 ct		106.99							

## NEXT ORGANICS

*Organic dark chocolate covered dried fruits, nuts and ginger. For more information visit [www.tropical-valley-foods.com](http://www.tropical-valley-foods.com)*

### 70% Dark Choc Covered

H	o	NXO001	Coconut Smiles	12 / 113 g	5.12	53.70							
H	o	NXO002	Banana Coins	12 / 113 g	5.12	53.70							
H	o	NXO003	Apricots	12 / 113 g	5.12	53.70							
H	o	NXO004	Cherries	12 / 113 g	5.12	53.70							
H	o	NXO005	Goji Berries	12 / 113 g	5.12	53.70							
H	o	NXO006	Crystalized Ginger	12 / 113 g	5.12	53.70							
H	o	NXO007	Almonds	12 / 113 g	5.12	53.70							
H	o	NXO008	Walnuts	12 / 113 g	5.12	53.70							
H	o	NXO009	Cashews	12 / 113 g	5.12	53.70							
H	o	NXO010	Brazil Nuts	12 / 113 g	5.12	53.70							
H	o	NXO011	Pretzels	12 / 113 g	5.12	53.70							

## NILE SPICE

**Healthy fast food. Add hot water, ready in five minutes. Free of trans fats and MSG. For more information visit [www.nilespice.com](http://www.nilespice.com)**

### February Line Drive

#### Soup Mix - In Cups

		NIL001	Black Bean	12 / 54 g	1.94	21.19					<b>15%</b>	1.65	18.01
		NIL003	Couscous Lentil Curry	12 / 56 g	1.94	21.19					<b>15%</b>	1.65	18.01
		NIL004	Lentil	12 / 52 g	1.94	21.19					<b>15%</b>	1.65	18.01
		NIL006	Potato Leek	12 / 30 g	1.94	21.19					<b>15%</b>	1.65	18.01
		NIL008	Split Pea	12 / 53 g	1.94	21.19					<b>15%</b>	1.65	18.01
		NIL009	Sweet Corn Chowder	12 / 30 g	1.94	21.19					<b>15%</b>	1.65	18.01

## NOBLE BEAN

*Cottage industry in the Ottawa Valley producing small batches of tempeh. Now Certified Kosher. For more information, visit [www.noblebean.ca](http://www.noblebean.ca)*

### Frozen Organic Tempeh

F	CKO	TEM001	Soy	24 / 240 g	3.07	68.06							
F	CKO	TEM003	3 Grain	24 / 240 g	3.31	73.44							
F	CKO	TEM004	Sea Vegetable	24 / 240 g	3.39	75.23							
F	CKO	TEM005	Quinoa & Sesame	24 / 240 g	3.39	75.23							
F	CKO	TEM002	Soy, Large	20 / 340 g	4.12	76.12							

### Frozen Organic Tempeh Burgers - Teriyaki Flavour

F	CKO	BUR002	Tempeh Burgers, 2-pack	48 / 150 g	3.28	143.29							
---	-----	--------	------------------------	------------	------	--------	--	--	--	--	--	--	--

### Frozen Organic Tempeh - BULK

F	CKO	TEM010	Bulk Soy Tempeh, 340 g 20-pack	1 / 20 ct		68.66							
---	-----	--------	--------------------------------	-----------	--	-------	--	--	--	--	--	--	--

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### NUTS TO YOU

*Located in Paris, Ontario, Nuts to You produces a wide variety of nut and seed butters without salt, sugar, or tropical fats added, creating a simple, delicious alternative for everyone.*

#### Fruit & Nut Butter, Natural

*Nut Butters mixed with wild Canadian blueberries and cranberries (cranberries processed with sugar & sunflower oil)*

CK	NBT200		Almond, crunchy	12 / 500 g	8.47	92.54		15%	7.20	78.66			
CK	NBT201		Almond-Hazelnut, crunchy	12 / 500 g	8.58	93.66		15%	7.29	79.61			
CK	NBT202		Peanut-Cashew, crunchy	12 / 500 g	7.43	81.12		15%	6.32	68.95			

#### Raw Almond Butter, Natural and Organic

CKO	NBT110		Organic Almond, smooth	12 / 500 g	10.79	117.84							
CK	NBT111		Raw Almond, smooth	12 / 500 g	8.47	92.54					15%	7.20	78.66

#### Nut & Seed Butter, Organic

CKO	NBT131		Peanut, Blanched, Smooth	12 / 500 g	4.92	53.74		15%	4.18	45.68			
CKO	NBT134		Peanut, Blanched, Crunchy	12 / 500 g	4.92	53.74		15%	4.18	45.68			
CKO	NBT141		Peanut, Valencia, Smooth	12 / 500 g	5.81	63.44							
CKO	NBT144		Peanut, Valencia, Crunchy	12 / 500 g	5.81	63.44							
CKO	NBT107		Almond, Smooth	12 / 500 g	10.79	117.84							
CKO	NBT109		Almond, Smooth	12 / 250 g	5.87	64.11							
CKO	NBT170		Cashew	12 / 250 g	5.87	64.11							
CKO	NBT171		Cashew	12 / 500 g	10.79	117.84							
CKO	NBT148		Sunflower Seed	12 / 250 g	2.87	31.35					15%	2.44	26.65
CKO	NBT195		Pumpkin Seed	12 / 250 g	4.79	52.24							
CKO	NBT162		Sunflower Seed	12 / 500 g	4.92	53.74					15%	4.18	45.68

#### Nut & Seed Butter, Natural

CK	NBT100		Almond, Smooth	12 / 250 g	4.72	51.50					15%	4.01	43.78
CK	NBT104		Almond, Crunchy	12 / 500 g	8.47	92.54					15%	7.20	78.66
CK	NBT101		Almond, Smooth	12 / 500 g	8.47	92.54					15%	7.20	78.66
CK	NBT112		Cashew	12 / 250 g	4.72	51.50							
CK	NBT126		Hazelnut	12 / 250 g	5.61	61.20							
CK	NBT139		Macadamia	12 / 250 g	4.72	51.50							
CK	NBT140		Macadamia-Cashew	12 / 250 g	4.72	51.50							
CK	NBT129		Mystery I, Almond-Cashew	12 / 250 g	4.72	51.50							
CK	NBT147		Mystery II, Hazel-Peanut	12 / 250 g	2.94	32.02							
CK	NBT138		Almond-Hazelnut	12 / 250 g	4.88	53.21							
CK	NBT180		Almond-Hazelnut	12 / 500 g	8.58	93.66							
CK	NBT113		Cashew	12 / 500 g	8.47	92.54							
CK	NBT127		Hazelnut	12 / 500 g	10.52	114.86							
CK	NBT160		Macadamia	12 / 500 g	8.47	92.54							
CK	NBT161		Macadamia-Cashew	12 / 500 g	8.47	92.54							
CK	NBT128		Mystery I, Almond-Cashew	12 / 500 g	8.47	92.54							
CK	NBT125		Mystery II, Hazel-Peanut	12 / 500 g	5.86	63.96							
CK	NBT192		Peanut, Blanched, Crunchy	12 / 500 g	4.38	47.77							
CK	NBT191		Peanut, Blanched, Smooth	12 / 500 g	4.38	47.77							
CK	NBT119		Peanut, Valencia, Crunchy	12 / 500 g	4.38	47.77							
CK	NBT116		Peanut, Valencia, Smooth	12 / 500 g	4.38	47.77							
CK	NBT184		Sunflower Seed	12 / 250 g	2.87	31.35							
CK	NBT151		Sunflower Seed	12 / 500 g	4.92	53.74							
CK	NBT185		Tahini	12 / 500 g	5.81	63.44							

#### Fairly-traded Tahini, Organic - Now made from Fairly Traded Sesame

CKO	NBT137		<b>Tahini, Fair Trade</b>	12 / 250 g	3.82	41.72							
CKO	NBT122		<b>Tahini, Fair Trade</b>	12 / 500 g	6.84	74.63							
CKO	NBT123		<b>Tahini, Fair Trade - BULK</b>	1 / 4.1 kg	44.71								
CKO	NBT124		<b>Tahini, Fair Trade - BULK</b>	1 / 10 kg	95.53								

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

**Nut & Seed Butter, Organic - BULK**

CKO	NBT135	Peanut, Blanched, Crunchy	1 / 4.1 kg	35.45									
CKO	NBT132	Peanut, Blanched, Smooth	1 / 4.1 kg	35.45									
CKO	NBT145	Peanut, Valencia, Crunchy	1 / 4.1 kg	39.18									
CKO	NBT142	Peanut, Valencia, Smooth	1 / 4.1 kg	39.18									
CKO	NBT108	Almond, Smooth	1 / 4.1 kg	70.08									
CKO	NBT136	Peanut, Blanched, Crunchy	1 / 10 kg	65.68									
CKO	NBT133	Peanut, Blanched, Smooth	1 / 10 kg	65.68									
CKO	NBT146	Peanut, Valencia, Crunchy	1 / 10 kg	83.96									
CKO	NBT143	Peanut, Valencia, Smooth	1 / 10 kg	83.96									

**Nut Butter, Natural - BULK**

CK	NBT114	Cashew	1 / 4.1 kg	51.87									
CK	NBT105	Almond, Crunchy	1 / 4.1 kg	50.23									
CK	NBT102	Almond, Smooth	1 / 4.1 kg	50.23									
CK	NBT115	Cashew	1 / 10 kg	121.80									
CK	NBT106	Almond, Crunchy	1 / 10 kg	114.11									
CK	NBT103	Almond, Smooth	1 / 10 kg	114.11									
CK	NBT150	Sunflower Seed Butter	1 / 10 kg	85.08									

**OAK MANOR**

*Canada's Original Organic Mill – Est 1975 and still strictly organic. One of ONFC's original suppliers. We buy and process Ontario grown grains when available. All grains are raw except stabilized oats. For more information visit [www.oakmanorfarms.ca](http://www.oakmanorfarms.ca)*

**Organic Flour - 500g - 1.25kg**

CO	OAK075	Hard Sifted Bread Flour	8 / 1 kg	4.96	36.06								
CO	OAK076	Barley Flour	8 / 1 kg	4.73	34.39								
CO	OAT007	Oat Flour	8 / 1 kg	4.50	32.72								
CO	RYE006	Rye Flour	8 / 1 kg	4.51	32.84								
CO	WHE045	Unbleached Cake & Pastry (Soft)	8 / 1.25 kg	5.74	41.80								
CO	WHE019	Unbleached, for Bread Machine	8 / 1.25 kg	5.78	42.03								
CO	WHE017	Unbleached, Hard	8 / 1.25 kg	5.37	39.09								
CO	WHE014	Whole Wheat Cake & Pastry (Soft)	8 / 1.25 kg	5.04	36.66								
CO	WHE006	Whole Wheat Hard Bread	8 / 1.25 kg	4.87	35.47								
CO	SPE005	Spelt Flour, whole grain, All Purpose	8 / 1.25 kg	6.51	47.41								
CO	SPE011	Spelt Flour, Unbleached	8 / 1.25 kg	6.69	48.72								
CO	RIC031	Brown Rice Flour	8 / 1 kg	8.53	62.09								

**Organic Flakes, Cereals, etc. - 500g - 1kg**

CO	WHE021	Wheat Bran	8 / 500 g	3.78	27.47								
CO	BAR012	Barley Flakes, Toasted	8 / 1 kg	4.82	35.11								
CO	OAT013	Steel Cut Oats	8 / 1 kg	5.19	37.76								
CO	COR002	Cornmeal	8 / 1 kg	5.17	37.62								
CO	CER006	Porridge Oats, Toasted	8 / 900 g	5.84	42.51								
<i>with Oat Bran, Spelt Bran, and Flax</i>													
CO	OAT010	Oat Flakes, Quick	8 / 1 kg	5.19	37.76								
CO	OAT002	Oat Bran	8 / 1 kg	6.48	47.17								
CO	OAT005	Oat Flakes	8 / 1 kg	5.19	37.76								
CO	SPE009	Spelt Flakes	8 / 1 kg	5.76	41.92								
CO	CER048	7 Grain with Spelt	8 / 1 kg	6.64	48.36								
CO	CER010	Cream of Brown Rice	8 / 1 kg	8.53	62.09								

**Organic Grains 1kg**

CO	BAR004	Barley, Pot, Hulled	8 / 1 kg	4.53	32.96								
CO	OAT009	Oat Groats (Stabilized)	8 / 1 kg	5.32	38.69								
CO	OAK070	Popcorn	8 / 1 kg	5.95	43.31								

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case				Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
	co	SPE007	Spelt Berries	8 / 1 kg	5.41	39.41									
	co	WHE029	Wheat Berries, Soft	8 / 1 kg	4.37	31.77									
	co	WHE027	Wheat Berries, Hard	8 / 1 kg	4.37	31.77									
<b>Organic Grains &amp; Cous Cous 1 kg - Re-packed for ONFC</b>															
	o	OAK303	Amaranth	8 / 1 kg	7.06	53.17									
	o	OAK314	Couscous, Whole Wheat	8 / 1 kg	6.89	51.89									
	o	OAK320	Kamut	8 / 1 kg	3.94	29.65									
	co	MIL003	Millet, Hulled	8 / 1 kg	3.90	28.41									
	o	OAK305	Pearled Barley	8 / 1 kg	3.46	26.07									
	o	OAK341	Quinoa	8 / 1 kg	7.62	57.37									
<b>Organic Seeds 1kg - Re-packed for ONFC</b>															
	o	OAK301	Adzukis	8 / 1 kg	5.60	42.17									
	o	OAK308	Black Turtle	8 / 1 kg	4.24	31.95									
	o	OAK311	Chick Peas	8 / 1 kg	5.19	39.11									
	co	FLX004	Flax, Brown	8 / 1 kg	4.72	34.38									
	o	OAK326	Green Lentils	8 / 1 kg	5.06	38.08									
	o	OAK317	Green Split Peas	8 / 1 kg	3.57	26.85									
	o	OAK332	Mung	8 / 1 kg	7.19	54.19									
	o	OAK335	Navy	8 / 1 kg	3.89	29.26									
	o	OAK338	Pinto	8 / 1 kg	5.91	44.47									
	o	OAK323	Red Kidney	8 / 1 kg	4.75	35.78									
	o	OAK329	Red Split Lentils	8 / 1 kg	4.89	36.81									
	o	OAK344	Sesame, Natural (with hull)	8 / 1 kg	6.06	45.61									
	o	OAK347	Sesame, White (hulled)	8 / 1 kg	6.76	50.90									
	o	OAK350	Yellow Split Peas	8 / 1 kg	5.20	39.19									
<b>Organic Flour 5kg</b>															
	co	OAK163	Unbleached, Hard Bread	4 / 5 kg	15.99	58.21									
	co	OAK166	Unbleached Cake & Pastry	4 / 5 kg	15.58	56.72									
	co	OAK169	Unbleached, All Purpose	4 / 5 kg	15.58	56.72									
	co	OAK164	Whole Wheat Hard Bread	4 / 5 kg	13.28	48.36									
	co	OAK165	Whole Wheat Cake & Pastry	4 / 5 kg	13.28	48.36									
	co	OAK167	Spelt, Whole Grain, All Purpose	4 / 5 kg	17.22	62.69									
	co	OAK168	Spelt, Unbleached	4 / 5 kg	18.45	67.17									
<b>Wheat Flour BULK - Now 10 kg and 20 kg</b>															
	co	OAK071	Hard Unbleached Flour	1 / 10 kg	25.68										
	co	OAK072	Hard Sifted Bread Flour	1 / 10 kg	22.24										
	co	WHE043	Unbleached Cake & Pastry (Soft)	1 / 10 kg	25.68										
	co	WHE012	Whole Wheat Cake & Pastry (Soft)	1 / 10 kg	22.79										
	co	WHE004	Whole Wheat Hard Bread	1 / 10 kg	22.79										
	co	WHE016	Unbleached, Hard Bread	1 / 20 kg	46.09										
	co	OAK157	Whole Wheat Cake & Pastry (Soft)	1 / 20 kg	36.87										
	co	OAK156	Unbleached Cake & Pastry (Soft)	1 / 20 kg	46.23										
	co	OAK158	Whole Wheat Hard Bread	1 / 20 kg	38.81										
<b>Wheat Flour BULK - Old sizes</b>															
	co	WHE044	Unbleached Cake & Pastry (Soft) 10 kg	1 / 12 kg	25.27						sub w/ WHE043				
	co	WHE013	Whole Wheat Cake & Pastry (Soft)	1 / 12 kg	20.53						sub w/ WHE012				
	co	WHE005	Whole Wheat Hard Bread	1 / 12 kg	20.22						sub w/ WHE004				
	co	WHE015	Unbleached, Hard Bread	1 / 25 kg	48.75						sub w/ WHE016				
	co	OAK161	Whole Wheat Cake & Pastry (Soft)	1 / 25 kg	37.15						sub w/ OAK157				
	co	OAK162	Unbleached Cake & Pastry (Soft)	1 / 25 kg	47.50						sub w/ OAK156				
	co	OAK159	Whole Wheat Hard Bread	1 / 25 kg	36.54						sub w/ OAK158				

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Organic Flour - BULK</b>													
	co	OAK074	Barley Flour	1 / 10 kg	25.08								
	co	RIC032	Brown Rice Flour	1 / 12 kg	67.17								
	co	OAT006	Oat Flour	1 / 12 kg	20.60								
	co	RYE005	Rye Flour	1 / 12 kg	22.39								
	co	SPE004	Spelt Flour, Whl Grain, All Purpose	1 / 12 kg	34.03								
	co	SPE010	Spelt Flour, Unblchd, All Purpose	1 / 12 kg	34.93								
	co	OAK144	Spelt Flour, Whl Grain, All Purpose	1 / 25 kg	69.03								
	co	OAK145	Spelt Flour, Unblchd, All Purpose	1 / 25 kg	70.90								
<b>Organic Flakes, Cereals, etc. - BULK</b>													
	co	OAK073	Spelt Flakes	1 / 12 kg	34.93								
	co	CER005	Porridge Oats, Toasted <i>with Oat Bran, Spelt Bran, and Flax</i>	1 / 10 kg	31.35								
	co	OAT012	Steel Cut Oats	1 / 12 kg	30.99								
	co	OAT011	Oat Flakes, Quick	1 / 12 kg	31.65								
	co	OAT001	Oat Bran	1 / 12 kg	40.30								
	co	OAT004	Oat Flakes	1 / 12 kg	30.99								
	co	CER009	Cream of Brown Rice	1 / 12 kg	67.17								
	co	COR001	Cornmeal	1 / 12 kg	28.48								
	co	BAR011	Barley Flakes, Toasted	1 / 10 kg	25.98								
<b>Organic Flakes, Cereals, etc. - BULK</b>													
	co	CER047	7 Grain with Spelt	1 / 12 kg	42.54								
	co	OAK126	Oat Flakes	1 / 20 kg	51.05								
	co	OAK127	Oat Flakes, Quick	1 / 20 kg	51.05								
<b>Organic Kernels &amp; Seeds - BULK</b>													
	co	FLX002	Flax	1 / 11.3 kg	34.28								
	co	MIL002	Millet, Hulled	1 / 12 kg	28.21								
	co	OAT008	Oat Groats (Stabilized)	1 / 12 kg	30.54								
	co	SPE006	Spelt Berries	1 / 12 kg	31.48								
<b>Wheat Berries &amp; Bran BULK - Now 10 kg</b>													
	co	WHE018	Wheat Bran	1 / 10 kg	19.68								
	co	WHE030	Wheat Berries, Hard	1 / 10 kg	17.92								
	co	WHE025	Wheat Berries, Soft	1 / 10 kg	17.92								
<b>Wheat Berries &amp; Bran BULK - Old size</b>													
	co	WHE020	Wheat Bran	1 / 12 kg	15.79							sub w/ WHE018	
	co	WHE026	Wheat Berries, Hard	1 / 12 kg	18.48							sub w/ WHE030	
	co	WHE028	Wheat Berries, Soft	1 / 12 kg	18.48							sub w/ WHE025	
<b>O'DOUGHS</b>													
<i>High quality, soft, gluten-free breads, buns, pizza kits and cakes. For more information visit <a href="http://www.odoughs.com">www.odoughs.com</a></i>													
<b>Gluten-free Muffins, 4pk</b>													
H	F	CGW	ODO035	Wild Blueberry	6 / 340 g	5.74	30.89						
H	F	CGW	ODO036	Double Chocolate	6 / 340 g	5.74	30.89						
H	F	CGW	ODO037	Banana Chocolate Chip	6 / 340 g	5.74	30.89						
<b>Gluten-free Pizza Kit - includes 4 crusts, weighing 540 g, plus a 240 ml sauce pouch</b>													
F	CGFKW		ODO050	Flax Pizza Kit	6 / 4 ct	8.20	44.12						
F	CGFKW		ODO051	White Pizza Kit	6 / 4 ct	8.20	44.12						
<b>Gluten-free Cakes</b>													
F	CGFKW		ODO043	Carrot Cake	6 / 400 g	7.38	39.71						
F	CGFKW		ODO044	Chocolate Cake	6 / 400 g	7.38	39.71						
F	CGFKW		ODO045	Banana Chocolate Cake	6 / 400 g	7.38	39.71						

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.  
Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Gluten-free Buns</b>													
F	CGfKW	ODO023	Flax Buns	6 / 400 g	4.92	26.48							
F	CGfKW	ODO024	White Buns	6 / 400 g	4.92	26.48							
F	CGfKW	ODO025	Apple Cranberry Breakfast Buns	6 / 400 g	5.55	29.83							
<b>Gluten-free Bread</b>													
F	CGfKW	ODO006	Flax Half Loaf	12 / 350 g	3.28	35.30					15%	2.79	30.01
F	CGfKW	ODO008	White Half Loaf	12 / 350 g	3.28	35.30					15%	2.79	30.01
F	CGfKW	ODO005	Flax Loaf	6 / 700 g	5.74	30.89							
F	CGfKW	ODO007	White Loaf	6 / 700 g	5.74	30.89							
<b>OMEGA NUTRITION</b>													
<i>A Canadian line of culinary and essential oil products. Omegaflor® cold-pressing process assures that the culinary oils maintain their rich flavors as well as their EFA contents. Exceptionally nourishing, and tasty. For more information visit <a href="http://www.omeganutrition.com">www.omeganutrition.com</a></i>													
<b>Organic Milled Flax Seed</b>													
R	CKO	OMN060	Cold Milled Flax Seeds	12 / 500 g	7.04	76.72					15%	5.98	65.21
<b>Organic Essential Balance® 3-6-9 Oil - a blend of organic flax, pumpkin, sunflower &amp; olive oils</b>													
R	CDKO	OMN054	Essential Balance® 3-6-9	12 / 355 ml	12.51	136.24					15%	10.63	115.80
R	CDKO	OMN052	Essential Balance® 3-6-9	6 / 946 ml	29.70	161.71		15%	25.25	137.45			
<b>Organic Oils in gelatin capsules</b>													
H	CO	OMN005	Organic Virgin Coconut Oil, in capsules	6 / 150 ct	14.34	78.17							
H	R	CO	Organic Flax Seed Oil, in capsules	12 / 120 ct	11.68	127.19							
H	R	CO	Organic Flax Seed Oil, in capsules	6 / 250 ct	21.87	119.07							
<b>Hemp Oil</b>													
R	C	OMN071	Hemp Seed Oil	6 / 207 ml	9.51	51.93							
<b>Organic Flax Oil - Liquid</b>													
R	CKO	OMN080	Flax Oil, Original	15 / 237 ml	8.65	117.77					15%	7.35	100.10
R	CKO	OMN081	Flax Oil, Original	12 / 355 ml	11.78	128.30							
R	CKO	OMN082	Flax Oil, Original	12 / 473 ml	14.72	160.24							
R	CKO	OMN083	Flax Oil, Original	6 / 946 ml	24.56	133.74		15%	20.88	113.68			
R	CO	OMN086	Orange Flax Oil Blend	12 / 355 ml	12.50	136.05							
R	CKO	OMN085	Garlic-Chili Flax Oil	12 / 355 ml	12.50	136.05							
R	CKO	OMN084	Hi-Lignan® Flax Oil	12 / 473 ml	13.57	147.74		15%	11.53	125.58			
<b>Organic Coconut Oil, Culinary</b>													
CKO		OMN003	Coconut Oil, Virgin	6 / 283 g	12.92	70.56							
CKO		OMN004	Coconut Oil, Virgin	6 / 454 g	19.25	104.99							
CKO		OMN008	Coconut Oil, Virgin	6 / 908 g	26.19	142.81							
CO		OMN001	Coconut Oil	6 / 454 g	10.51	57.39							
CO		OMN002	Coconut Oil	6 / 908 g	16.95	92.44		15%	14.41	78.57			
CO		OMN006	Coconut Oil - BULK	4 / 3.17 kg	41.65	151.44					15%	35.40	128.72
<b>Organic Coconut Flour</b>													
CKO		OMN007	Virgin Coconut Flour	6 / 500 g	10.80	58.90							
<b>Pumpkin Seed - Protein Powder, Organic, Gluten-free</b>													
CGfKO		OMN018	Pumpkin Protein Powder	6 / 750 g	16.00	87.26		15%	13.60	74.17			
<b>Pumpkin Seed Oil &amp; Spread</b>													
C		OMN016	Pumpkin Seed Butter	6 / 341 g	9.87	53.90							
CO		OMN015	Organic Pumpkin Seed Oil	12 / 355 ml	16.66	181.47							
<b>Organic Avocado Oil</b>													
CKO		OMN089	Avocado	6 / 237 ml	11.47	62.53							
<b>Organic Sweetener &amp; Spread (antioxidant)</b>													
CKO		OMN062	Prune Extract	6 / 350 g	11.70	63.81							

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.  
Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Organic Vinegar</b>													
	CO	OMN104	Balsamic Vinegar	12 / 355 ml	9.04	98.53							
	CO	OMN100	Apple Cider Vinegar, Small	12 / 355 ml	3.58	39.17		15%	3.04	33.29			
	CO	OMN101	Apple Cider Vinegar, Medium	6 / 946 ml	6.34	34.67							

## ONTARIO NATURAL FOOD CO-OP™ Available only in Ontario From Seed To Plate™

*Ontario Natural is the private label brand of the Ontario Natural Food Co-op, a member owned co-operative. At Ontario Natural Food Co-op, we are committed to contributing to a sustainable food system that supports our local Ontario economy and organic farming community.*

For more information visit [www.onfc.ca](http://www.onfc.ca)

### • Frozen

#### Manitoulin Island Whitefish Fish, Frozen - Full Case Only - Now recognized as sustainable by Ocean Wise

Average count of 15 individually packed and labeled whole fish fillets in each case.

F	C	ONT600	Wild Whitefish	1 / 5 kg	110.42	
F	C	ONT602	Wild Smoked Whitefish	1 / 5 kg	158.16	

#### Manitoulin Island Trout, Frozen - Full Case Only

Average count of 18 individually packed and labeled whole fish fillets in each case.

F	C	ONT601	Wild Lake Trout	1 / 5 kg	110.42	
---	---	--------	-----------------	----------	--------	--

### Organic Lean Beef, Frozen

*Our beef is organically-raised without added antibiotics, hormones or animal byproducts. It is organically processed, vacuum packed and frozen.*

F	CO	ONT300	Beef Patties	6 / 567 g	9.33	50.61	
F	CO	ONT301	Lean Ground Beef	8 / 454 g	7.49	54.54	
F	CO	ONT302	Stewing Beef	8 / 454 g	7.49	54.54	

### • Refrigerated

#### Organic Tofu, vacuum-pack, Local Food

R	CGIOW	ONT400	Firm	12 / 227 g	1.68	18.86	
R	CGIOW	ONT401	Extra Firm	12 / 227 g	1.68	18.86	

#### Organic Fresh Soups, Local Food

R	CGIOW	ONT500	Tomato	12 / 744 ml	7.14	80.60	
R	CGIOW	ONT501	Red Beet Borscht	12 / 744 ml	7.61	85.89	
R	CGIOW	ONT502	Squash & Apple Soup	12 / 744 ml	7.61	85.89	
R	CGIOW	ONT503	Carrot	12 / 744 ml	7.30	82.36	
R	CGIOW	ONT504	Mushroom	12 / 744 ml	7.30	82.36	

#### Organic, Raw, Sauerkraut, Local Food

R	CGIOW	ONT506	Kimchi Style	12 / 744 ml	12.27	138.53	
R	CGIOW	ONT507	Beet	12 / 744 ml	10.61	119.79	
R	CGIOW	ONT508	Carrot	12 / 744 ml	10.30	116.26	

### • Shelf Stable

#### Organic Herbs & Seasoning, Local Food

CO	ONT202	Basil	12 / 21 g	4.00	44.95	
CO	ONT204	Oregano	12 / 21 g	4.00	44.95	
CO	ONT205	Thyme	12 / 21 g	4.00	44.95	
CO	ONT200	Italian Seasoning	12 / 21 g	5.17	58.11	
CO	ONT201	Savoury Seasoning	12 / 21 g	5.17	58.11	

#### Organic Tomatoes, Local Food - Now in cans made with BPA-free materials

CO	ONT020	Tomato Paste - Now BPA-free	24 / 156 ml	1.43	31.41	
CKO	ONT010	Diced, No Salt	12 / 398 ml	2.23	24.52	
CKO	ONT002	Diced	12 / 796 ml	3.05	33.53	
CKO	ONT003	Whole	12 / 796 ml	3.05	33.53	
CKO	ONT001	Crushed	12 / 796 ml	3.24	35.57	

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

**Organic Tomatoes, Local Food - in cans made with BPA-free materials - BULK**

CKO	ONT050	Whole, Bulk		6 / 2.84 L	8.26	46.34							
CKO	ONT051	Diced, Bulk		6 / 2.84 L	8.26	46.34							

### ORGANIC MEADOW CO-OPERATIVE INC

*More than 40 family farms producing certified organic dairy products, eggs and vegetables. For more information visit [www.organicmeadow.com](http://www.organicmeadow.com)*

**• Organic Eggs, Yogurt, Kefir & Sour Cream**

**Eggs, Free Range, Organic**

R	CO	MEA019	Medium	15 / 1 doz.	5.32	77.54							
R	CO	MEA020	Large	15 / 1 doz.	6.56	95.50							
R	CO	MEA021	Extra Large	15 / 1 doz.	6.63	96.55							

**Kefir Beverage, Organic - 1 Litre Jug**

R	CKO	MEA045	Strawberry	12 / 1L	4.05	47.15							
R	CKO	MEA046	Blueberry	12 / 1L	4.05	47.15							
R	CKO	MEA044	Raspberry	12 / 1L	4.05	47.15							
R	CKO	MEA043	Plain	12 / 1L	4.05	47.15							

**Yogurt, Organic - Full Cases Only**

R	CO	MEA003	No Fat	6 / 750 g		27.60							
R	CO	MEA005	2% MF	6 / 750 g		27.60							
R	CO	MEA008	3.8% MF	6 / 750 g		27.60							

**Sour Cream, Organic - Full or Half Cases Only**

R	CO	MEA006	Light Sour Cream	6 / 500 g	4.33	25.20							
R	CO	MEA009	14% MF Sour Cream	6 / 500 g	4.67	25.20							

**Cottage and Cream Cheese, Organic**

R	CO	MEA105	Cottage Cheese (2% MF)	12 / 500 g	6.03	70.29							
R	CO	MEA002	Cottage Cheese, Pressed, No Fat	8 / 500 g	9.86	70.98							
R	CO	MEA107	Light Cream Cheese (15% MF)	6 / 250 g	6.39	34.46							

**• Raw Milk, Rennet-free, Cheese**

**Cheese, 200-340 g, Organic**

R	CO	MEA300	Mild Cheddar	20 / 200 g	6.59	120.29							
R	CO	MEA301	Medium Cheddar	20 / 200 g	6.89	125.80							
R	CO	MEA302	Old Cheddar	20 / 200 g	7.02	128.12							
R	CO	MEA303	Mozzarella	20 / 200 g	6.62	120.87							
R	CO	MEA304	Swiss	20 / 200 g	7.39	134.79							
R	CO	MEA305	Mild Cheddar	12 / 340 g	10.74	117.57							
R	CO	MEA306	Medium Cheddar	12 / 340 g	11.08	121.40							
R	CO	MEA307	Old Cheddar	12 / 340 g	11.23	122.96							
R	CO	MEA308	Mozzarella	12 / 340 g	10.78	118.09							
R	CO	MEA309	Swiss	12 / 340 g	11.67	127.83							

**Cheese, Organic - BULK**

R	CO	MEA318	Medium Cheddar	1 / 2.27 kg	59.35								
R	CO	MEA317	Mild Cheddar	1 / 2.27 kg	58.73								
R	CO	MEA320	Mozzarella	1 / 2.27 kg	59.32								
R	CO	MEA319	Old Cheddar	1 / 2.27 kg	60.28								

**• Organic Milk & Cream in Cartons & Bags**

**Milk, Organic - In 250 mL Gabletop Cartons**

R	CO	MEA234	Part Skim (2% MF)	36 / 250 ml	0.87	30.32							
H	R	CO	MEA235	Chocolate Milk (2% MF)	36 / 250 ml	1.00	35.06						

**Milk, Lactose Free, Organic - In Gabletop Cartons**

R	CO	MEA230	Lactose Free, Part Skim (2% MF) 1L	12 / 1 L	3.49	40.74							
R	CO	MEA231	Lactose Free, Part Skim (2% MF) 2L	6 / 2 L	6.80	39.72							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b><u>Milk, Organic - In 1 &amp; 2 L Gabletop Cartons</u></b>													
R	CO	MEA213	Skim Milk	12 / 1 L	3.07	35.85							
R	CO	MEA212	Part Skim (1% MF)	12 / 1 L	3.07	35.85							
R	CO	MEA211	Part Skim (2% MF)	12 / 1 L	3.07	35.85							
R	CO	MEA210	Whole Milk (3.8% MF)	12 / 1 L	3.41	39.79							
R	CO	MEA252	Chocolate Milk (2% MF)	12 / 1 L	3.65	42.64							
R	CO	MEA256	Skim Milk	6 / 2 L	5.90	34.43							
R	CO	MEA255	Part Skim (1% MF)	6 / 2 L	5.90	34.43							
R	CO	MEA251	Part Skim (2% MF)	6 / 2 L	5.90	34.43							
R	CO	MEA250	Whole Milk (3.8% MF)	6 / 2 L	6.48	37.82							
<b><u>Milk, Organic - In Bags</u></b>													
R	CO	MEA218	Skim Milk	3 / 4 L	9.95	29.06							
R	CO	MEA217	Part Skim (1% MF)	3 / 4 L	9.95	29.06							
R	CO	MEA215	Part Skim (2% MF)	3 / 4 L	9.95	29.06							
R	CO	MEA216	Whole Milk (3.8% MF)	3 / 4 L	11.13	32.49							
<b><u>Cream, Organic - In Gabletop Cartons</u></b>													
R	CO	MEA236	Half & Half (10% MF)	12 / 1 L	4.09	47.69							
R	CO	MEA237	Whipping Cream (35% MF)	12 / 1 L	8.29	96.79							
R	CO	MEA214	Half & Half (10% MF)	21 / 500 ml	3.12	63.60							
R	CO	MEA254	Whipping Cream (35% MF)	21 / 500 ml	5.28	107.67							
<b>• Organic Frozen - Ice Cream, Butter &amp; Vegetables</b>													
<b><u>Ice Cream, Organic - 946 ml tubs</u></b>													
F	CO	MEA430	Chocolate	6 / 946 ml	6.74	36.81							
F	CO	MEA431	Strawberry	6 / 946 ml	6.74	36.81							
F	CO	MEA432	Vanilla	6 / 946 ml	6.74	36.81							
<b><u>Ice Cream, Swirl, Organic - 473 ml tubs</u></b>													
H	F	CO	MEA426	Choc. Chunk Orange	8 / 473 ml	6.17	44.90						
H	F	CO	MEA420	Caramel, Swirl	8 / 473 ml	6.17	44.90						
H	F	CO	MEA421	Chocolate, Swirl	8 / 473 ml	6.17	44.90						
H	F	CO	MEA422	Coffee Crème	8 / 473 ml	6.17	44.90						
H	F	CO	MEA423	Praline Dream	8 / 473 ml	6.17	44.90						
H	F	CO	MEA424	Raspberry Choc-Chunk	8 / 473 ml	6.17	44.90						
H	F	CO	MEA425	Vanilla, Swirl	8 / 473 ml	6.17	44.90						
<b><u>Butter, Cultured, Organic - Shipped Frozen</u></b>													
F	CO	MEA125	Butter - Unsalted	25 / 250 g	6.23	136.95							
F	CO	MEA126	Butter - Salted	25 / 250 g	6.23	136.95							
F	CO	MEA001	Butter - Unsalted	15 / 454 g	9.98	145.29							
F	CO	MEA004	Butter - Salted	15 / 454 g	9.98	145.29							
<b><u>Vegetables, Organic</u></b>													
F	CO	MEA031	Corn	12 / 500 g	3.71	40.46							
F	CO	MEA032	Cut Green Beans	12 / 500 g	3.71	40.46							
F	CO	MEA030	Peas	12 / 500 g	3.71	40.46							
F	CO	MEA033	Peas & Carrots	12 / 500 g	3.71	40.46							
F	CO	MEA034	4-Veg Mix, Carrots, Corn, Beans, Peas	12 / 500 g	3.71	40.46							
<b>ORGANIC VALUE</b>													
<i>A variety of Organic cereals, juices and pasta sauce to tempt the tastebuds, at a great everyday low price.</i>													
<b><u>Organic Granola</u></b>													
H	KO	VAL100	Banana Nut	6 / 340 g	5.83	32.84							
H	KO	VAL101	Fruit & Nut	6 / 340 g	5.83	32.84							
H	KO	VAL102	High Protein	6 / 340 g	5.83	32.84							



# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### ORPHÉE, MAISON - Available in Manitoba, Ontario & the Maritimes

*Since 1993, this Québec City company has been well positioned in the organic foods market with the widest range of organic first cold-pressed oils and condiments in Canada with respect to traditional methods of production and the environment. For more information, visit [www.maisonorphee.com](http://www.maisonorphee.com)*

#### • Oil and Vinegar "Spritz" Bottles - New

##### Spritz Bottle - Extra Virgin Olive Oil - New

CK		ORP123	Basil - New	6 / 210 mL	7.77	46.59		25%	5.82	34.94	25%	5.82	34.94
CK		ORP124	Chili - New	6 / 210 mL	7.77	46.59		25%	5.82	34.94	25%	5.82	34.94
CK		ORP125	Garlic - New	6 / 210 mL	7.77	46.59		25%	5.82	34.94	25%	5.82	34.94

##### Spritz Bottle - Balsamic Vinegar - New

CKO		ORP126	Organic Balsamic - New	6 / 210 mL	7.77	46.61		25%	5.83	34.96	25%	5.83	34.96
CK		ORP127	White Balsamic - New	6 / 210 mL	7.77	46.61		25%	5.83	34.96	25%	5.83	34.96

#### • Cooking Oil Organic

##### Organic Oil, Olive, Cold-Pressed

CKO	ORP070	Olive Oil X-Virgin Delicate	6 / 500 ml	9.10	49.67								
CKO	ORP075	Olive Oil X-Virgin Delicate	6 / 750 ml	12.28	67.08								

##### Organic Coconut Oil

CKO	ORP078	Coconut, Virgin	6 / 454 g	11.32	61.82								
-----	--------	-----------------	-----------	-------	-------	--	--	--	--	--	--	--	--

##### Organic Oil, Cold-Pressed

CKO	ORP071	Canola	6 / 500 ml	8.20	44.75								
CKO	ORP072	Sunflower	6 / 500 ml	6.85	37.40								
CKO	ORP073	Sesame	6 / 500 ml	12.24	66.87								
CKO	ORP074	Canola-Olive	6 / 500 ml	8.65	47.26								
CKO	ORP076	Canola, unrefined	6 / 750 ml	11.38	62.15								
CKO	ORP077	Sunflower	6 / 750 ml	9.58	52.30								

#### • Cooking Oil Classic

##### Classic Oil, Extra Virgin Olive, Cold-Pressed

CK	ORP051	Olive Oil X-Virgin Robust	6 / 500 ml	7.82	42.69								
CK	ORP052	Olive Oil X-Virgin Classic	6 / 500 ml	7.82	42.69								
CK	ORP053	Olive Oil X-Virgin Delicate	6 / 500 ml	7.82	42.69								
CK	ORP056	Olive Oil X-Virgin Robust	6 / 750 ml	10.74	58.66								
CK	ORP057	Olive Oil X-Virgin Classic	6 / 750 ml	10.74	58.66								
CK	ORP058	Olive Oil X-Virgin Delicate	6 / 750 ml	10.74	58.66								

##### Classic Oil

CK	ORP054	Toasted Sesame, unrefined	6 / 500 ml	9.74	53.17								
CK	ORP055	Grapeseed, Italy	6 / 500 ml	7.05	38.48								
CK	ORP059	Grapeseed, Italy	6 / 750 ml	9.77	53.37								

#### • Health Line

##### Orphée Organic Health - Organic Unrefined First Cold-Pressed EFA's - Refrigerated

R	CKO	OIL073	Flaxseed Oil	6 / 250 ml	6.10	33.30							
R	CKO	OIL048	Flaxseed Oil	6 / 500 ml	10.71	58.49							

#### • Cooking Oil Gourmet

##### Gourmet Organic Extra Virgin Olive Oil, Cold-Pressed

CKO	ORP118	Spain - Harmonious & Generous	6 / 500 ml	11.79	64.36								
CKO	ORP119	Spain - Flavourful & Complex	6 / 500 ml	11.79	64.36								
CKO	ORP120	Italy - Fruity & Robust	6 / 500 ml	11.79	64.36								
CKO	ORP121	Spain - Harmonious & Generous	6 / 750 ml	15.79	86.24								
CKO	ORP122	Spain - Flavourful & Complex	6 / 750 ml	15.79	86.24								

##### Gourmet Oil

CK	ORP115	Walnut of Perigord, France	6 / 250 ml	9.63	52.58								
CK	ORP116	Hazelnut, France	6 / 250 ml	12.58	68.70								

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax FIR	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Gourmet Organic Oil</b>													
		CKO	ORP117	Toasted Sesame	6 / 250 ml	11.37	62.08						
<b>• Soleil d'Or Culinary Oil</b>													
<b>Soleil d'Or Organic Oil, Unrefined First Cold-Pressed</b>													
		CKO	OIL323	Sunflower (Cooking & Frying)	6 / 1 L	13.76	75.14						
		CKO	OIL317	Sunflower	6 / 500 ml	6.20	33.87						
		CKO	OIL314	Canola	6 / 500 ml	7.42	40.49						
		CKO	OIL325	Soy	6 / 500 ml	8.17	44.60						
		CKO	OIL326	Safflower	6 / 1 L	17.48	95.47						
		CKO	OIL316	Safflower	6 / 500 ml	9.99	54.55						
		CKO	OIL320	Sesame	6 / 500 ml	11.11	60.64						
		CKO	OIL315	Canola	6 / 1 L	12.87	70.31						
		CKO	OIL321	Olive, Extra Virgin	6 / 500 ml	8.74	47.75						
		CKO	OIL318	Sunflower	6 / 1 L	11.27	61.53						
<b>Soleil d'Or Oil, Refined</b>													
		CK	OIL312	Grapeseed	6 / 1 L	10.53	57.50						
		CK	ORP301	Grapeseed	6 / 500 ml	5.99	32.70						
<b>Soleil d'Or Oil, Unrefined First Cold-Pressed</b>													
		CK	OIL308	Sweet Almond	6 / 250 ml	6.44	35.18						
		CK	OIL309	Sweet Almond	6 / 500 ml	11.92	65.12						
		CK	OIL311	Olive, Extra Virgin	6 / 500 ml	7.51	41.03						
		CK	OIL319	Olive, Extra Virgin	6 / 1 L	13.28	72.55						
<b>Soleil d'Or Organic Oil, Unrefined First Cold-Pressed</b>													
		CKO	OIL328	Olive, Extra Virgin, in Tin	12 / 1 L	17.38	189.80						
<b>Soleil d'Or Organic Oil, Coconut</b>													
		CO	OIL335	Coconut Oil	6 / 454 g	7.89	43.08						
<b>Soleil d'Or Organic Oil, Unrefined First Cold-Pressed - BULK</b>													
		CKO	OIL004	<b>Sesame - New</b>	1 / 3 L	52.95							
		CKO	OIL010	Olive, Extra Virgin	1 / 3 L	39.27							
		CKO	OIL007	Olive, Extra Virgin	1 / 16 L	190.57							
<b>• Vinegar &amp; Mustard</b>													
<b>Orphée Condiments, Mustard, Organic</b>													
		CKO	ORP090	Yellow Mustard with Turmeric	12 / 250 ml	2.75	30.05						
		CKO	ORP091	Dijon Mustard	12 / 250 ml	2.75	30.05						
		CKO	ORP092	Old Fashioned Mustard	12 / 250 ml	2.75	30.05						
		CGFKO	ORP097	<b>Dijon Mustard - New Size</b>	6 / 500 ml	4.61	25.14						
<b>Orphée Condiments, Vinegar, Organic</b>													
		CKO	ORP093	Apple Cider (4.5% acidity)	6 / 500 ml	4.57	24.96						
		CKO	ORP094	Balsamic (6% acidity)	6 / 500 ml	9.82	53.62						
		CKO	ORP095	Red Wine (6% acidity)	6 / 500 ml	6.59	35.98						
		CKO	ORP096	White Wine (9% acidity)	6 / 500 ml	6.59	35.98						
<b>• Natural Vegetable Oil Bar Soap - 150g Bar 3-Packs</b>													
		H	C	SOA300	Olive Oil Lavender	27 / 3x150 g	9.88	242.66					
		H	C	SOA303	Honey	27 / 3x150 g	10.56	259.52					
		H	C	SOA308	Lavender Flower & Almond Oil	27 / 3x150 g	10.56	259.52					
		H	C	SOA306	Sweet Almond	27 / 3x150 g	10.56	259.52					
<b>OSKRI</b>													
<i>Oskri Organics is a supplier and manufacturer of natural food products, located in Lake Mills, Wisconsin. For more information visit <a href="http://www.oskri.com">www.oskri.com</a></i>													
<b>Protein Bar (9g protien), Gluten-free - Full Cases Only</b>													
		H	DGFK	SKR023	Almond & Cranberry	18 / 51 g	47.02						
		H	DGFK	SKR024	Cashew & Cranberry	18 / 51 g	47.02						

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

**Fiber Bar (12-13g fibre), Gluten-free - Full Cases Only**

H	DGFK	SKR026	Almond Cranberry	20 / 43 g		29.11							
H	DGFK	SKR027	Cashew & Cranberry	20 / 43 g		29.11							

**Almond Honey Bar, Gluten-free - Full Cases Only**

H	DGFK	SKR025	Almond Honey Bar	18 / 51 g		47.02							
---	------	--------	------------------	-----------	--	-------	--	--	--	--	--	--	--

**Organic, Gluten-free Coconut Bars - Full Cases Only**

H	GfKO	SKR010	Coconut, Almond	18 / 61 g		25.20							
H	GfKO	SKR011	Coconut, Mango	18 / 61 g		25.20							
H	GfKO	SKR012	Coconut, Original	18 / 61 g		25.20							
H	GfKO	SKR013	Coconut, Pineapple	18 / 61 g		25.20							

**Organic, Gluten-free Sesame Bars - Full Cases Only**

H	GfKO	SKR004	Black Sesame - Disco'd	18 / 53 g		25.20		- Disco'd					
H	GfKO	SKR001	Sesame w/ Date Syrup	18 / 53 g		25.20							
H	GfKO	SKR002	Sesame w/ Molasses	18 / 53 g		25.20							
H	GfKO	SKR003	Sesame w/ Mol & Fennel - Disco'd	18 / 53 g		25.20		- Disco'd					

**Organic, Gluten-free Quinoa Bars - Full Cases Only**

H	GfKO	SKR009	Quinoa Bars	18 / 53 g		25.20							
---	------	--------	-------------	-----------	--	-------	--	--	--	--	--	--	--

## LE PALUDIER

*Le Paludier is one of the most trusted names in Europe and Canada for clean unrefined sea salt. For more information visit [www.eco-natural.com](http://www.eco-natural.com)*

**Packaged Sea Salt**

c	SEA314	Fleur de Sel	12 / 125 g	6.63	72.34								
c	SEA316	Fleur de Sel	12 / 250 g	9.72	106.14								

**Brittany Grey Sea Salt**

c	SEA304	Fine - Bags	12 / 500 g	3.56	38.84								
c	SEA305	Coarse - Bags	12 / 1 kg	3.85	42.03								
c	SEA303	Fine - Shaker	12 / 250 g	3.85	41.99								

**Atlantic Grey Sea Salt - BULK**

c	SEA313	Coarse	1 / 10 kg	32.47									
c	SEA311	Fine	1 / 10 kg	46.34									

## PASSION POPCORN (from Nature's Way Organics)

*Farmed on the North shores of Lake Erie, Passion Popcorn's great values and merits shine through it's mouth-watering flavour*

*For more information visit [www.passionpopcorn.ca](http://www.passionpopcorn.ca)*

**Popcorn, Organic**

co	PPC001	Popcorn	12 / 480 g	3.66	39.93								
co	PPC002	Popcorn, BULK	1 / 11.34 kg	35.05									

## PAMELA'S

*Great tasting wheat-free, gluten-free, cookies that anyone will love. Baking mixes for everyday and special occasions with a variety of easy recipes on every package. For more information visit [www.pamelasproducts.com](http://www.pamelasproducts.com)*

**Cookies & Shortbread, Wheat-Free & Gluten-Free**

GfW	PAM003	Butter Shortbread, agave sweetened	6 / 150 g	3.15	16.48						20%	2.52	13.18
GfW	PAM004	Chunky Chocolate Chip Cookies	6 / 150 g	3.15	16.48						20%	2.52	13.18
GfW	PAM001	Ginger Cookies	6 / 150 g	3.15	16.48						20%	2.52	13.18
GfW	PAM014	Lemon Shortbread	6 / 206 g	3.15	16.48						20%	2.52	13.18
GfW	PAM002	Peanut Butter Cookies	6 / 150 g	3.15	16.48						20%	2.52	13.18
GfW	PAM007	Pecan Shortbread	6 / 150 g	3.15	16.48						20%	2.52	13.18

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### Simplebites Mini Cookies, Wheat-Free & Gluten-Free

GFW	PAM020	Chocolate Chip Minis	6 / 170 g	3.27	17.12						20%	2.62	13.70
GFW	PAM021	Ginger Mini Snaps	6 / 170 g	3.27	17.12						20%	2.62	13.70
GFW	PAM022	Extreme Chocolate Minis	6 / 170 g	3.27	17.12						20%	2.62	13.70

### Baking Mixes, Wheat-Free & Gluten-Free

GFW	PAM035	Classic Vanilla Cake Mix	6 / 595 g	5.45	28.51								
GFW	PAM033	Luscious Chocolate Cake Mix	6 / 595 g	5.88	30.78								
GFW	PAM034	Incredible Chocolate Chunk Cookies	6 / 386 g	5.96	31.18								
GFW	PAM031	Chocolate Brownie Mix	6 / 454 g	6.24	32.66								
GFW	PAM032	Amazing Bread Mix	6 / 539 g	5.80	30.37								
GFW	PAM030	Baking and Pancake Mix	6 / 680 g	7.24	37.92								
GFW	PAM036	Baking and Pancake Mix	3 / 1.81 kg	18.18	47.60			15%	15.45	40.46			

### Frosting Mixes, Wheat-Free & Gluten-Free

GFW	PAM040	Dark Chocolate Frosting Mix	6 / 340 g	4.71	24.67								
GFW	PAM041	Vanilla Frosting Mix	6 / 340 g	4.71	24.67								

## PFENNING'S

*Organic root vegetables from Pfenning's. Carrots grown in Ontario and by a small farmer in California to Pfenning's specifications; beets and onions grown in Ontario, potatoes in Canada. For more information visit [www.pfenningfarms.ca](http://www.pfenningfarms.ca)*

### Organic Root Vegetables - Please ask our Sales Desk Reps for current pricing

R CO	PFE001	Carrots	10 / 5 lbs	4.85	45.72								
R CO	PFE002	Carrots	24 / 2 lbs	2.15	48.58								
R CO	PFE003	Beets	12 / 2 lbs	4.69	51.43								
CO	PFE004	Yellow Onions	16 / 3 lbs	4.11	60.00								
CO	PFE005	Red Potatoes	10 / 5 lbs	7.50	68.58								
CO	PFE006	Red Potatoes	16 / 3 lbs	4.69	68.58								
CO	PFE007	Yellow Potatoes	10 / 5 lbs	7.50	68.58								
CO	PFE008	Yellow Potatoes	16 / 3 lbs	4.69	68.58								

## PINEHEDGE FARMS

*Yogurt, kefir and sour cream made from unhomogenized certified organic milk produced on our farm in St Eugene, Ontario.*

*Kefir, the "champagne of milk products", is a fermented milk which originated in the Caucasian mountains of Russia. For more information, visit [www.pinehedge.ca](http://www.pinehedge.ca)*

### Organic Kefir & Yogurt - Glass (\$1 jar deposit included in price)

R CO	PNH001	Yogurt	12 / 1 kg	5.91	65.60								
R CO	PNH002	Kefir	12 / 1 kg	6.18	68.58								
R CO	PNH003	Kefir - Light	12 / 1 kg	6.18	68.58								
	PNH100	Jar Deposit Return	1 / jar	-1.00									

### Organic Kefir, Yogurt & Sour Cream - Tubs

R CO	PNH004	Yogurt	12 / 500 g	2.77	30.31								
R CO	PNH005	Kefir	12 / 500 g	2.90	31.76								
R CO	PNH006	Kefir - Low-Fat	12 / 500 g	2.90	31.76								
R CO	PNH007	Sour Cream	6 / 500 g	4.74	25.96								

## PRAIRIE HARVEST

*Prairie Harvest Organic Pasta is a QAI certified, dry pasta, produced with state of the art, slow drying technology, made in Western Canada.*

### February Line Drive

#### • Pasta Sauce, Organic

CO	PRH300	Garden Vegetable - Disco'd	12 / 769 ml	4.95	53.85	- Disco'd					20%	3.96	43.08
CO	PRH301	Garlic, Roasted - Disco'd	12 / 769 ml	4.95	53.85	- Disco'd					20%	3.96	43.08
CO	PRH302	Italian Herb - Disco'd	12 / 769 ml	4.95	53.85	- Disco'd					20%	3.96	43.08
CO	PRH303	Portabello Mushroom - Disco'd	12 / 769 ml	4.95	53.85	- Disco'd					20%	3.96	43.08
CO	PRH304	Tomato Basil - Disco'd	12 / 769 ml	4.95	53.85	- Disco'd					20%	3.96	43.08

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>• Pasta, Organic</b>													
<b><u>Whole Wheat Pasta, Organic</u></b>													
	co	PRH101	Linguine	12 / 454 g	3.47	37.77					20%	2.78	30.22
	co	PRH102	Macaroni	12 / 454 g	3.47	37.77					20%	2.78	30.22
	co	PRH104	Penne Rigate	12 / 454 g	3.47	37.77					20%	2.78	30.22
	co	PRH103	Rotini	12 / 454 g	3.47	37.77					20%	2.78	30.22
	co	PRH100	Spaghetti	12 / 454 g	3.47	37.77					20%	2.78	30.22
<b><u>Gourmet (Specialty) Egg Noodles made from free-range eggs, Organic</u></b>													
	co	PRH013	Medium (Free Range) Egg Noodles	12 / 340 g	3.73	40.54					20%	2.98	32.43
<b><u>Gourmet (Specialty) Four-Colour Vegetable Pasta, Organic</u></b>													
	co	PRH010	Gemelli (Twists)	12 / 454 g	3.84	41.77					20%	3.07	33.42
	co	PRH009	Gomiti (Tube-Shells)	12 / 454 g	3.84	41.77					20%	3.07	33.42
	co	PRH012	Penne	12 / 454 g	3.84	41.77					20%	3.07	33.42
	co	PRH011	Rotini	12 / 454 g	3.84	41.77					20%	3.07	33.42
<b><u>Semolina Pasta, Organic</u></b>													
	co	PRH003	Elbow Macaroni	12 / 454 g	3.15	34.24					20%	2.52	27.39
	co	PRH002	Linguine	12 / 454 g	3.15	34.24					20%	2.52	27.39
	co	PRH005	Penne Rigate	12 / 454 g	3.15	34.24					20%	2.52	27.39
	co	PRH007	Rigatoni	12 / 454 g	3.15	34.24					20%	2.52	27.39
	co	PRH004	Rotini	12 / 454 g	3.15	34.24					20%	2.52	27.39
	co	PRH006	Small Shells	12 / 454 g	3.15	34.24					20%	2.52	27.39
	co	PRH001	Spaghetti	12 / 454 g	3.15	34.24					20%	2.52	27.39
	co	PRH008	Lasagna	12 / 454 g	3.92	42.70					20%	3.14	34.16
<b><u>Semolina Pasta, Organic - BULK</u></b>													
	co	PRH015	10" Spaghetti	1 / 4.54 kg	29.00						15%	24.65	
	co	PRH016	Elbow Macaroni	1 / 4.54 kg	29.00						15%	24.65	
	co	PRH019	Lasagna	1 / 4.54 kg	31.75						15%	26.99	
	co	PRH018	Penne Rigate	1 / 4.54 kg	29.00						15%	24.65	
	co	PRH017	Rotini	1 / 4.54 kg	29.00						15%	24.65	
<b>• San Zenone - Made in Italy - Gluten-free</b>													
<b><u>Wheat-Free, Gluten-Free, Pasta, Organic</u></b>													
	GIOW	SAZ001	Corn Fusilli	12 / 340 g	3.08	33.54					20%	2.46	26.83
	GIOW	SAZ002	Corn Penne Rigate	12 / 340 g	3.08	33.54					20%	2.46	26.83
	GIOW	SAZ003	Corn Spaghetti	12 / 340 g	3.08	33.54					20%	2.46	26.83
	GIOW	SAZ020	Brown Rice Fusilli	12 / 340 g	3.08	33.54					20%	2.46	26.83
	GIOW	SAZ021	Brown Rice Penne Rigate	12 / 340 g	3.08	33.54					20%	2.46	26.83
	GIOW	SAZ022	Brown Rice Spaghetti	12 / 340 g	3.08	33.54					20%	2.46	26.83
	GIOW	SAZ023	White Rice Spaghetti	12 / 340 g	3.08	33.54					20%	2.46	26.83
<b>PRANA</b>													
<i>Premium organic nuts, dried fruits, and chia oil; organic and conventional chia seeds. Naturally gluten-free products prepared and packaged in a Kosher certified, gluten-free environment. For more information visit <a href="http://www.pranana.com">www.pranana.com</a></i>													
<b><u>Sweet Nut &amp; Seed Snacks, Organic - Snack Size - Full Sleeve Only</u></b>													
	H	CGIKO	PRA040	Sumsuma, Sesame Seed Snack	12 / 35 g		17.12				15%	14.55	14.55
	H	CGIKO	PRA036	Amandine, Maple-Coated Almonds	12 / 35 g		17.12				15%	14.55	14.55
	H	CGIKO	PRA035	Go Nuts, Maple-Coated Nut Mix	12 / 30 g		17.12				15%	14.55	14.55
<b><u>Savory Nut Snacks, Organic - Snack Size - Full Sleeve Only</u></b>													
	H	CGIKO	PRA034	Annapurna Trail Mix	12 / 35 g		17.12				15%	14.55	14.55
	H	CGIKO	PRA037	Extaze Cashews Salted	12 / 30 g		17.12				15%	14.55	14.55
	H	CGIKO	PRA038	Nirvana Almonds Salted	12 / 35 g		17.12				15%	14.55	14.55
	H	CGIKO	PRA039	Samadhi WF Almonds Tamari	12 / 35 g		17.12				15%	14.55	14.55
<b><u>Sweet Nut &amp; Seed Snacks, 60g, Organic - these smaller packages are also gluten-free &amp; Kosher, but may not be so labeled</u></b>													
	H	co	PRA103	Sumsuma, Sesame Seed Snack	8 / 60 g	1.54	11.18						
	H	co	PRA101	Amandine - Disco'd	8 / 60 g	2.44	17.77						- Disco'd

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax FIR	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
H	CO	PRA102	Go Nuts - Disco'd	8 / 60 g	2.44	17.77	- Disco'd						
<b>Sweet Nut &amp; Seed Snacks, 150g, Organic</b>													
H	CGfKO	PRA113	Sumsuma, Sesame Seed Snack	8 / 150 g	2.84	20.71							
H	CGfKO	PRA111	Amandine, Maple-Coated Almonds	8 / 150 g	4.88	35.53							
H	CGfKO	PRA112	Go Nuts, Maple-Coated Nut Mix	8 / 150 g	4.88	35.53							
<i>Cashews, walnuts, almonds, Brazil nuts, and pumpkin seeds</i>													
<b>Savoury Nut Snacks, 150g, Organic</b>													
H	CGfKO	PRA030	Annapurna Trail Mix	8 / 150 g	4.05	29.53							
<i>Almond-Goji-Cranberry</i>													
H	CGfKO	PRA031	Extaze Cashews Salted	8 / 150 g	4.88	35.53							
H	CGfKO	PRA032	Nirvana Almonds Salted	8 / 150 g	4.88	35.53							
H	CGfKO	PRA033	Samadhi Almonds Tamari	8 / 150 g	4.88	35.53							
<b>Chia Oil, Raw Organic Cold-Pressed</b>													
H	CGfKO	PRA092	Chia Oil	6 / 250 ml	16.21	88.68		15%	13.78	75.38			
<b>White Chia Seeds, Conventional</b>													
	CGfK	PRA065	Chia, White, Ground	6 / 200 g	4.70	28.16		15%	4.00	23.94			
	CGfK	PRA060	Chia, White, Whole	6 / 300 g	5.36	32.16		15%	4.56	27.34			
<b>Black Chia Seeds, Organic</b>													
	CGfKO	PRA091	Chia, Black, Ground	6 / 200 g	6.49	35.48		15%	5.52	30.16			
	CGfKO	PRA090	Chia, Black, Whole	6 / 300 g	6.03	36.16		15%	5.13	30.74			
<b>Nuts and Dried Fruits, Organic</b>													
	CGfKO	PRA131	Calimyrnia Figs	6 / 250 g	6.49	35.48							
	CGfKO	PRA132	Pitted Apricots	6 / 250 g	5.38	29.39							
	CGfKO	PRA123	Sultana raisins	6 / 300 g	2.99	16.33							
	CGfKO	PRA127	Pitted Prunes	6 / 250 g	4.86	26.56							
	CGfKO	PRA125	Medjool Dates	6 / 250 g	7.04	38.48							
H	CGfKO	PRA128	Cranberries, sweetened w/apple juice	6 / 250 g	8.50	46.50							
	CGfKO	PRA122	Goji berries	6 / 200 g	9.31	50.92							
<b>Nuts, Organic</b>													
	CGfKO	PRA129	Raw Almonds, European	6 / 250 g	7.30	39.89							
	CGfKO	PRA130	California Almonds	6 / 250 g	5.92	32.39							
	CGfKO	PRA120	Brazil nuts	6 / 250 g	6.49	35.48							
	CGfKO	PRA121	Cashews	6 / 250 g	6.46	35.30							
	CGfKO	PRA124	Walnuts	6 / 180 g	6.49	35.48							
	CGfKO	PRA126	Hazelnuts	6 / 250 g	6.70	36.62							
<b>Black Chia Seeds, Organic - BULK</b>													
	CGfKO	PRA077	Chia, Black, Ground	1 / 5 kg	110.67								
	CGfKO	PRA072	Chia, Black, Whole	1 / 5 kg	97.34								
<b>White Chia Seeds, Conventional - BULK</b>													
	CGfK	PRA070	Chia, White, Whole	1 / 5 kg	73.34								
	CGfK	PRA075	Chia, White, Ground	1 / 5 kg	82.67								
<b>Nuts - BULK</b>													
H	CGfK	PRA200	Tamari Almonds	1 / 4.54 kg	59.71								
H	CGfKO	PRA201	Organic Tamari Almonds, wheat-free	1 / 4.54 kg	112.69								
<b>PRISTINE GOURMET</b>													
A fourth generation family farm located in Waterford, Ontario, that produces, processes and packages local non-GMO cold-pressed oils, wine vinegars, soy sauces and Edamame. For more information, visit <a href="http://www.pristinegourmet.com">www.pristinegourmet.com</a>													
• Frozen													
<b>Frozen Non-GMO Edamame - New</b>													
F	C	PRS009	Edamame Pods - New	6 / 454 g	2.97	16.16		15%	2.52	13.74	15%	2.52	13.74

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

**• Shelf Stable**

**X Virgin Cold Pressed non-GMO Oils**

c	PRS001	Canola	12 / 250 ml	7.04	76.62								
c	PRS002	Soya	12 / 250 ml	7.04	76.62								

**Wine Vinegar**

c	PRS003	Blueberry Infused	12 / 250 ml	8.48	92.31								
c	PRS004	Maple Infused	12 / 250 ml	8.48	92.31								
c	PRS005	Raspberry Infused	12 / 250 ml	8.48	92.31								

**Naturally Aged Sauce**

c	PRS006	Soya	12 / 250 ml	6.78	73.85								
c	PRS007	Teriyaki	12 / 250 ml	7.63	83.08								
c	PRS008	Tamari	12 / 250 ml	7.63	83.08								

**PROBAR**

*All Probar products are 100% Vegan. Probar Whole Foods bars are designed as a meal replacement without protein powders or protein isolates.*

*Fruition bars contain two servings of fruit. For more information visit [www.theprobar.com](http://www.theprobar.com)*

**70% Organic - Full Cases Only**

H	D	PBR018 Old School PB&J	12 / 85 g		31.04								
---	---	------------------------	-----------	--	-------	--	--	--	--	--	--	--	--

**70% Raw - Full Cases Only**

H	D	PBR001 Art's Original Blend	12 / 85 g		31.04								
H	D	PBR002 Whole Berry Blast	12 / 85 g		31.04								
H	D	PBR003 Nutty Banana Boom	12 / 85 g		31.04								
H	D	PBR004 Cran-Lemon Twister	12 / 85 g		31.04								
H	D	PBR005 Koka Moka	12 / 85 g		31.04								
H	D	PBR006 Superfood	12 / 85 g		31.04								

**Sweet & Savoury, 70% Organic - Full Cases Only**

H	D	PBR011 Cherry Pretzel	12 / 85 g		31.04								
H	D	PBR012 Cocoa Pistachio	12 / 85 g		31.04								
H	D	PBR013 Maple Pecan	12 / 85 g		31.04								

**Halo Snack Bars, 70% Organic - Full Cases Only**

H	D	PBR014 Smores	12 / 37 g		16.77								
H	D	PBR015 Nutty Marshmallow	12 / 37 g		16.77								
H	D	PBR016 Rocky Road	12 / 37 g		16.77								
H	D	PBR017 Honey Graham	12 / 37 g		16.77								

**Fruition Bars, 70% Organic, dates, chia, oats and cashews - Full Cases Only**

H	D	PBR007 Blueberry	12 / 48 g		22.74								
H	D	PBR008 Strawberry	12 / 48 g		22.74								
H	D	PBR009 Peach	12 / 48 g		22.74								
H	D	PBR010 Cran-Raspberry	12 / 48 g		22.74								

**QUE PASA**

*Thin, home-style tortilla chips from stone ground, whole kernel certified organic corn cooked in pure pressed (Non-GMO) canola oil.*

*For more information visit [www.quepasafoods.com/](http://www.quepasafoods.com/)*

**Tortilla Chips - Full or Half Cases Only**

H	c	QUE010 Yellow 600 g bag	10 / 600 g	4.46	43.19								
H	c	QUE001 Yellow 450 g	12 / 454 g	3.67	42.61								
H	c	QUE002 Yellow, unsalted 450 g	12 / 454 g	3.67	42.61								
H	c	QUE004 Blue 450 g	12 / 454 g	3.85	44.70								
H	c	QUE003 Red 450 g	12 / 454 g	3.85	44.70								

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### Salsa Made with Organic Tomatoes

c		QUE025	Black Bean	12 / 500 ml	4.90	55.08							
c		QUE024	Salsa Chipotle	12 / 500 ml	4.12	46.34							
c		QUE023	Salsa Piña (Pineapple)	12 / 500 ml	4.12	46.34							
c		QUE022	Salsa Mexicana	12 / 500 ml	4.12	46.34							

## R.W. GARCIA

*All-natural tortilla chips and crackers made from stone ground non-GMO corn, no trans fats and seasonings that contain no additives or preservatives. For more information visit [www.rwgarcia.com](http://www.rwgarcia.com)*

### 5 Seed Crackers, made with organic non-GMO white corn

kw		GAR005	Rosemary & Garlic	6 / 113 g	3.69	19.40		20%	2.95	15.52			
kw		GAR006	Onion & Chive	6 / 113 g	3.69	19.40		20%	2.95	15.52			
kw		GAR007	Tellicherry Pepper	6 / 113 g	3.69	19.40		20%	2.95	15.52			

### Tortilla Chips - Full Cases Only

H	K	GAR001	Thai Sweet & Spicy	15 / 200 g		39.87					20%		31.90
H	K	GAR002	Flax	15 / 200 g		39.87					20%		31.90
H	K	GAR003	Veggie (tri-colour)	15 / 200 g		39.87					20%		31.90
H	K	GAR004	Thin	15 / 150 g		39.87					20%		31.90

## RAINCOAST

*Pacific North West premium quality, all natural wild salmon, sardines and albacore tuna. For more information visit [www.raincoastrading.com](http://www.raincoastrading.com)*  
*For more information visit [www.raincoastrading.com](http://www.raincoastrading.com)*

### • Frozen

#### Frozen Smoked Salmon - Vacuum Packed

F	c	RCT400	Sliced Smoked Salmon	10 / 114 g	8.86	80.60							
---	---	--------	----------------------	------------	------	-------	--	--	--	--	--	--	--

### • Shelf Stable

#### Wild Pacific Sardines

c		RCT002	in Tomato Sauce	12 / 120 g	3.24	34.10		15%	2.75	28.99			
c		RCT003	in Spring Water	12 / 120 g	3.24	34.10		15%	2.75	28.99			
c		RCT004	Dill & Parsley	12 / 120 g	3.24	34.10		15%	2.75	28.99			
c		RCT005	Cumin & Coriander	12 / 120 g	3.24	34.10		15%	2.75	28.99			
c		RCT006	Chilli & Lime	12 / 120 g	3.24	34.10		15%	2.75	28.99			

#### Canned Salmon

c		RCT253	Wild Smoked Sockeye	12 / 150 g	7.89	86.20							
c		RCT300	Pink Salmon	12 / 160 g	3.18	34.71							
c		RCT301	Pink Salmon, No Salt	12 / 160 g	3.18	34.71							
c		RCT302	Pink Salmon, Skinless, Boneless	12 / 150 g	4.31	47.02							
c		RCT250	Sockeye Salmon	12 / 160 g	5.67	61.95							
c		RCT252	Sockeye Salmon, No Salt	12 / 160 g	5.67	61.95							
c		RCT251	Skinless Boneless Sockeye Salmon	12 / 150 g	5.95	64.93							

#### Canned Tuna

c		RCT201	Solid White Albacore Tuna	12 / 150 g	5.40	58.96							
c		RCT202	Solid White Albacore Tuna, No Salt	12 / 150 g	5.40	58.96							
c		RCT203	Smoked Albacore Tuna	12 / 150 g	7.04	76.87							

#### Canned Tuna - BULK

c		RCT220	Solid White Albacore Tuna	6 / 1.7 kg	45.09	246.27							
---	--	--------	---------------------------	------------	-------	--------	--	--	--	--	--	--	--

## ROAD'S END ORGANICS

*Organic dairy-free, pasta and sauce mixes, (pasta mixes are also nut-free). Suitable for Vegan diets.*

*Chreese® mix replaces cheese in all of your favorite dishes. For more information visit [www.edwardandsons.com/reo\\_info.html](http://www.edwardandsons.com/reo_info.html)*

#### Whole Wheat Pasta Mix, Dairy-Free, Nut-free, Organic

DO		RDE001	WW Mac & Chreese - Cheddar Style	12 / 184 g	2.55	28.75							
----	--	--------	----------------------------------	------------	------	-------	--	--	--	--	--	--	--

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

**Semolina Pasta Mix, Dairy-Free, Nut-free, Organic**

DO	RDE003	123'z & Chreese - Cheddar Style	12 / 170 g	2.55	28.75								
DO	RDE002	Shells & Chreese - Cheddar Style	12 / 184 g	2.55	28.75								

**Gluten-free Brown Rice Pasta Mix, Dairy-Free, Nut-free, Organic**

DGfO	RDE005	Mac & Chreese - Alfredo Style	12 / 170 g	3.20	36.09								
DGfO	RDE004	Penne & Chreese - Cheddar Style	12 / 170 g	3.20	36.09								

**Gluten-free Gravy Mix, Dairy-Free, Organic - Full Cases Only**

DGfO	RDE100	Golden	12 / 28.3 g		15.61								
DGfO	RDE102	Savory Herb	12 / 28.3 g		15.61								
DGfO	RDE101	Shiitake Mushroom	12 / 28.3 g		15.61								

**Gluten-free Chreese Mix Packets, Dairy-Free - Full Cases Only**

DGf	RDE053	Alfredo Style	12 / 31.5 g		12.03								
DGf	RDE052	Cheddar Style	12 / 31.5 g		12.03								

### REBAR

*ReBar: 3-9 grams of fibre, 4-8 servings of organic veggies & fruits, in a tasty and satisfying nutritional bar.*

*For more information visit [www.noblefoods.com](http://www.noblefoods.com)*

**January Line Drive**

**ReBar Snack Bars, Organic - Full Cases Only**

H	O	REB021	Blueberry	12 / 50 g		21.50					15%		18.28
H	O	REB020	Banana Walnut	12 / 50 g		21.50					15%		18.28
H	O	REB001	Original	12 / 50 g		21.50					15%		18.28
H	O	REB010	Seeds n' Greens / Plum-Pomegranate	12 / 50 g		21.50					15%		18.28

### RUTH'S HEMP

*Ruth's Hemp products are Kosher, GMO-free, no hydrogenated fats, refined sugars, artificial colours or preservatives, fillers, sulfites or sythethic vitamins. For more information visit [www.ruthshempfoods.com](http://www.ruthshempfoods.com)*

**• Culinary & Supplement Skus**

**Oil, Hemp - Certified Organic**

R	CKO	RTH059	Hemp Oil	6 / 500 ml	11.01	64.01					15%	9.36	54.41
---	-----	--------	----------	------------	-------	-------	--	--	--	--	-----	------	-------

**Protein Powder, Hemp - Certified Organic**

H	CKO	RTH123	P. P. with E3 Live & Maca <i>Contains ~1000mg of E3 in each 30g serving</i>	6 / 454 g	22.00	119.78					15%	18.70	101.81
H	CKO	RTH120	Protein Powder	6 / 454 g	13.96	76.01					15%	11.87	64.61
H	CKO	RTH122	P. P. with Sprouted Flax & Maca	6 / 454 g	18.34	99.85					15%	15.59	84.87

**SoftHemp™ - Certified Organic Hulled Hempseed Snacks and Toppings**

CKO	RTH110	SoftHemp™ Pouch, snack	12 / 56 g	2.80	30.41						15%	2.38	25.85
CKO	RTH111	SoftHemp™ Pouch - Disco'd	6 / 227 g	9.55	52.01						- Disco'd		
CKO	RTH147	SoftHemp™, Bulk	4 / 2.27 kg	76.28	295.70						15%	64.84	251.35

**Gluten-free Raw Chia Goodness Cereal - high in fibre, calcium and protein. Hot or cold**

CGfK	RTH057	Chocolate	6 / 340 g	5.99	34.84							15%	5.09	29.61
CGfK	RTH054	Original	6 / 340 g	5.99	34.84							15%	5.09	29.61
CGfK	RTH055	Apple Almond Cinnamon	6 / 340 g	5.99	34.84							15%	5.09	29.61
CGfK	RTH056	Cranberry Ginger	6 / 340 g	5.99	34.84							15%	5.09	29.61

**Gluten-free Black Chia Seeds**

CGfK	RTH058	Raw Goodness, Chia	6 / 400 g	7.52	43.70								
CGfK	RTH144	Chia Seeds, Bulk	1 / 10.9 kg	141.85									

**• Bars - Full Cases Only**

**Bars, Flax - Certified Organic**

H	CKO	RTH080	Very Berry Flaxpower	12 / 45 g		17.62							
---	-----	--------	----------------------	-----------	--	-------	--	--	--	--	--	--	--

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Bars, Hemp</b>													
H	CK	RTH070	Hemp & Trail	12 / 45 g		17.62							
H	CK	RTH073	Hemp & Mocha	12 / 45 g		17.62							
H	CK	RTH173	Blueberry SoftHemp™	12 / 45 g		17.62							
H	CK	RTH171	Choc Rasp SoftHemp™ - Disco'd	12 / 45 g		17.62	- Disco'd						
H	CK	RTH170	Cranberry Almond	12 / 45 g		17.62							
H	CK	RTH172	Peanut-Butter Banana SoftHemp™	12 / 45 g		17.62							
<b>SAMBAZON</b>													
<i>Natural energy and nutritional benefits of these amazing fruits. For more information visit <a href="http://www.sambazon.com">www.sambazon.com</a></i>													
<b>Organic Fruit Pulp &amp; Purée - Frozen Smoothie Packs, 4x100 g</b>													
F	DGfKO	SMB004	Pure Fuzion (unsweetened) <i>Acai purée, Acerola purée and soy lecithin</i>	15 / 400 g	6.89	90.17							
F	DGfKO	SMB001	Original Rio Blend <i>Acai purée, Acerola purée, cane sugar and soy lecithin</i>	15 / 400 g	6.89	90.17							
F	DGfKO	SMB003	Acai Unsweetened <i>Acai purée, soy lecithin and citric acid</i>	15 / 400 g	6.89	90.17							
<b>Organic Sorbet - BULK</b>													
F	O	SMB100	Acai Sorbet with Guarana	1 / 11.36 L	84.34								
<b>SAN-J</b>													
<i>Premium Japanese rice crackers, cooking and soy sauces. For more information visit <a href="http://www.san-j.com">www.san-j.com</a></i>													
<b>Brown Rice Crackers</b>													
	Gf	CRA017	Gluten-free Teriyaki Sesame	12 / 102 g	4.60	48.29		25%	3.45	36.22			
	K	CRA015	Black Sesame	12 / 70 g	4.37	45.84		25%	3.28	34.38			
	K	CRA016	Sesame	12 / 70 g	4.37	45.84		25%	3.28	34.38			
	K	CRA013	Tamari	12 / 70 g	4.37	45.84		25%	3.28	34.38			
<b>Gluten-free Cooking &amp; Marinade Sauces</b>													
	GfK	SAN021	Orange	6 / 296 ml	3.74	19.63		20%	2.99	15.70			
	GfK	SAN409	Asian BBQ	6 / 296 ml	3.72	19.50		20%	2.98	15.60			
	GfK	SAN407	Szechuan	6 / 296 ml	3.72	19.50		20%	2.98	15.60			
	GfK	SAN405	Teriyaki	6 / 296 ml	3.72	19.50		20%	2.98	15.60			
	GfK	SAN408	Thai Peanut	6 / 296 ml	3.72	19.50		20%	2.98	15.60			
	GfK	SAN403	Sweet & Tangy	6 / 296 ml	3.74	19.63		20%	2.99	15.70			
<b>Shoyu, Organic</b>													
	KO	SAN410	Bronze Label	6 / 296 ml	3.34	17.50					20%	2.67	14.00
	KO	SAN019	Bronze Label	6 / 592 ml	4.80	25.17					20%	3.84	20.14
<b>Tamari, Premium</b>													
	K	SAU006	Black Label	12 / 148 ml	1.56	16.37							
	K	SAN401	Black Label	6 / 296 ml	2.71	14.18		20%	2.17	11.34			
	K	SAN015	Black Label	6 / 592 ml	4.42	23.17							
<b>Tamari, Reduced Sodium</b>													
	K	SAN402	White Label	6 / 296 ml	3.57	18.75		20%	2.86	15.00			
	K	SAN016	White Label	6 / 592 ml	5.70	29.90							
<b>Tamari, Reduced Sodium, Wheat-Free, Organic</b>													
	KOW	SAN404	Platinum Label	6 / 296 ml	4.80	25.15					20%	3.84	20.12
	KOW	SAN018	Platinum Label	6 / 592 ml	7.24	37.98					20%	5.79	30.38
<b>Tamari, Wheat-Free, Organic</b>													
	KOW	SAN406	Gold Label	6 / 296 ml	4.07	21.34					20%	3.26	17.07
	KOW	SAN017	Gold Label	6 / 592 ml	6.37	33.42					20%	5.10	26.74

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Bulk Tamari</b>													
		GfK SAN020	Gluten-free - BULK	1 / 18 L	95.86	95.86							
		KOW SAU025	Gold Label - BULK	1 / 18 L	134.82								
		SAN500	Spout for Bulk Tamari	1 / 1 ct									

### SAUGEEN COUNTRY DAIRY

*At Saugeen Country Dairy we make yogurt from cow's milk, bacterial culture and nothing else. For more information visit [www.saugeencountrydairy.com](http://www.saugeencountrydairy.com)*

#### Organic Yogurt & Kefir - Full Cases Only

R	CO	SGN001	Plain Kefir (4% MF) - New	6 / 1 kg		20.64		15%		17.54			
R	CO	YOG210	Plain Yogurt	6 / 650 g		14.88							
R	CO	YOG200	Plain Yogurt	6 / 1 kg		20.74							

### SEAPOINT FARMS

*Rich in isoflavones, calcium, iron, zinc, and many B vitamins. For more information visit [www.seapointfarms.com](http://www.seapointfarms.com)*

#### Edamame, Frozen

F		SPF001	Pods	12 / 454 g	3.40	35.76					20%	2.72	28.61
F		SPF002	Shelled	12 / 454 g	3.40	35.76					20%	2.72	28.61
F		SPF003	Ready-to-Eat Pods	12 / 397 g	3.40	35.76					20%	2.72	28.61

#### Organic Edamame, Frozen - New UPCs and Sizes

F	O	SPF004	Organic Pods - Now 340 g	12 / 340 g	4.01	42.19		20%	3.21	33.75			
F	O	SPF005	Organic Shelled - Now 340 g	12 / 340 g	4.01	42.19		20%	3.21	33.75			

### SEPP'S ORGANICS -- see Solis

### SEVENTH GENERATION

*Products that are effective and safe for surfaces, fabrics and people. For more information visit [www.seventhgeneration.com](http://www.seventhgeneration.com)*

NOTE: Items with "Qc" in Quality (Qty) column are available in Quebec

#### • Dish, Laundry and Spray Cleaners

##### Spray Cleaners (Household)

H	BQc	SEV150	All Purpose Cleaner, Free and Clear	8 / 946 ml	5.75	40.38							
H	BQc	SEV153	Glass and Surface, Free and Clear	8 / 946 ml	5.75	40.38							
H	BQc	SEV156	Shower Cleaner, Green Mandarin & Leaf	8 / 946 ml	5.75	40.38							
H	BQc	SEV157	Toilet Bowl Clnr., Emerald Cypress & Fir	8 / 946 ml	5.75	40.38							
H	BQc	SEV158	Tub & Tile, Emerald Cypress & Fir	8 / 946 ml	5.75	40.38							

##### HE Laundry Liquid 2x Concentrate - 32 loads

H	BQc	SEV162	Free and Clear	6 / 1.47 L	10.98	57.89							
H	BQc	SEV160	Blue Eucalyptus & Lavender	6 / 1.47 L	10.98	57.89							
H	BQc	SEV161	White Flower & Bergamot Citrus	6 / 1.47 L	10.98	57.89							

##### Bleach, Non-Chlorine - 21 loads

H	BQc	SEV135	Free and Clear Bleach 21 loads	6 / 1.89 L	5.72	30.12							
---	-----	--------	--------------------------------	------------	------	-------	--	--	--	--	--	--	--

##### Fabric Softener, Ultra - 40 loads

H	BQc	SEV170	Free and Clear	6 / 1.18 L	6.66	35.10							
H	BQc	SEV037	Blue Eucalyptus & Lavender	6 / 1.18 L	6.66	35.10							

##### Fabric Softener - Concentrated Formula - New

H	BQc	SEV062	Blue Eucalyptus & Lavender	6 / 946 ml	6.66	35.09							
H	BQc	SEV063	Free & Clear	6 / 946 ml	6.66	35.09							

##### HE Laundry Liquid 4x Concentrate - 66 loads - New Completely Recyclable Packaging!

H	BQc	SEV133	Free & Clear - New	6 / 1.47 L	19.51	102.85							
H	BQc	SEV134	Geranium & Vanilla - New	6 / 1.47 L	19.51	102.85							

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

**HE Laundry Liquid 2x Concentrate - 64 loads**

H	BQc	SEV166	Free and Clear	4 / 2.95 L	19.52	68.61							
H	BQc	SEV167	Blue Eucalyptus & Lavender	4 / 2.95 L	19.52	68.61							
H	BQc	SEV168	White Flower & Bergamot Citrus	4 / 2.95 L	19.52	68.61							

**Dishwashing Liquid**

H	BQc	SEV149	Lemongrass & Clementine Zest	12 / 739ml	4.15	43.70							
H	BQc	SEV142	Free and Clear	12 / 739 ml	4.15	43.70							
H	BQc	SEV146	Lavender Floral & Mint	12 / 739 ml	4.15	43.70							

**Automatic Dishwashing Products, Chlorine-Free**

H	BQc	SEV139	Free & Clear Pacs	12 / 15ct	5.86	61.70							
H	BQc	SEV140	Lemon Pacs	12 / 15ct	5.86	61.70							
H	BQc	SEV143	Free and Clear Powder	12 / 1.28 kg	5.86	61.75							
	BQc	SEV169	Free & Clear Gel	6 / 1.1 L	5.87	30.92							
H	BQc	SEV145	Lemon Scent Gel - Disco'd	6 / 1.33 L	5.86	30.90	- Disco'd						

**• Baby Products, Hypoallergenic**

**Baby Diapers "Chlorine-Free" NOW "Free and Clear"**

G	Qc	SEV320	Stage 1 (8-14lbs)	4 / 44 ct	18.93	66.52							
G	Qc	SEV321	Stage 2 (12-18lbs)	4 / 40 ct	18.93	66.52							
G	Qc	SEV322	Stage 3 (16-28lbs)	4 / 35 ct	18.93	66.52							
G	Qc	SEV323	Stage 4 (22-37lbs)	4 / 30 ct	18.93	66.52							
G	Qc	SEV324	Stage 5 (27+ lbs)	4 / 26 ct	18.93	66.52							
G	Qc	SEV325	Stage 6 (35+lbs)	4 / 22 ct	18.93	66.52							

**Baby Wipes - Unscented, Chlorine-Free**

G	Qc	SEV024	Travel / Refill 70 ct	12 / 70 ct	4.62	48.70							
G	Qc	SEV025	Tub 70 ct	12 / 70 ct	4.64	48.86							

**• Trash Bags, Paper Towels, Bathroom & Facial Tissue**

**Trash Bags – Made from Recycled Plastic**

H		SEV050	Tall Kitchen - 13 gallon	12 / 30 bags	6.46	68.12							
H		SEV051	Regular Trash - 30 gallon	12 / 20 bags	6.47	68.17							

**White Facial Tissue – Made from recycled paper, bleached without Chlorine**

H		SEV018	2 Ply, 85 Sheet Cube	36 / 1 cube	2.44	76.90							
---	--	--------	----------------------	-------------	------	-------	--	--	--	--	--	--	--

**Natural Paper Towels – Made from recycled paper**

H		SEV016	2 Ply, 120 Sheets/roll	30 / 1 roll	3.05	80.35							
---	--	--------	------------------------	-------------	------	-------	--	--	--	--	--	--	--

**White Bathroom Tissue - Made from recycled paper, bleached without Chlorine**

H		SEV076	2 Ply, 300 Sheets/roll	12 / 4 ct	4.65	48.97							
H		SEV080	2 Ply, 300 Sheets/roll	4 / 12 ct	11.33	39.81							
H		SEV071	2 Ply, 352 Sheets/roll	6 / 8 rolls	9.17	48.32							
H		SEV003	1 Ply, 1000 Sheets/roll	48 / 1 roll	1.57	65.82							

**White Multi-size Paper Towels – Made from recycled paper, bleached without Chlorine**

H		SEV077	Jumbo 2 Ply, 156 Sheets/roll	24 / 1 ct	3.13	65.81							
H		SEV078	2 Ply, 140 Sheets/roll	12 / 2 ct	5.71	60.17							
H		SEV079	2 Ply, 140 Sheets/roll	4 / 6 ct	14.31	50.29							
H		SEV075	1 Ply, 112 Sheets/roll	30 / 1 roll	2.45	64.45							

**SILVER HILLS SPROUTED BAKERY**

*Whole grain breads created by sprouting grains for up to 36 hours which are then pureed and mixed with other ingredients.*

*No flour added. For more information visit [www.silverhillsbakery.ca](http://www.silverhillsbakery.ca)*

**Frozen Wheat-free Sprouted Bread**

F	CKW	SLV010	Chia Chia	8 / 700 g	4.80	34.43					15%	4.08	29.27
---	-----	--------	-----------	-----------	------	-------	--	--	--	--	-----	------	-------

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Frozen Sprouted Bagels</b>													
F	CK	SLV020	Rappleberry	8 / 400 g	3.83	27.43					15%	3.26	23.32
F	CK	SLV021	Herb & Garlic	8 / 400 g	3.83	27.43					15%	3.26	23.32
F	CK	SLV022	Squirrelly	8 / 400 g	3.83	27.43					15%	3.26	23.32
<b>Frozen Sprouted Bread - 85-96% Organic</b>													
F	CK	SLV001	Squirelly, 85% Org	8 / 600 g	3.83	27.43					15%	3.26	23.32
F	CK	SLV006	Hardy Hearty Harvest, 88% Org	8 / 615 g	3.83	27.43					15%	3.26	23.32
F	CK	SLV008	Hemptation, 89% Org	8 / 570 g	3.83	27.43					15%	3.26	23.32
F	CK	SLV007	The Kings Kamut, 91% Org	8 / 570 g	3.83	27.43					15%	3.26	23.32
F	CK	SLV009	Little Big Bread, 91% Org	8 / 460 g	3.83	27.43					15%	3.26	23.32
F	CK	SLV005	Marvelous Multi, 93% Org	8 / 615 g	3.83	27.43					15%	3.26	23.32
F	CK	SLV004	Steady Eddie, 95% Org	8 / 600 g	3.83	27.43					15%	3.26	23.32
F	CK	SLV002	Mack's Flax, 96% Org	8 / 615 g	3.83	27.43					15%	3.26	23.32
F	CK	SLV003	The Big 16, 96% Org	8 / 615 g	3.83	27.43					15%	3.26	23.32
<b>SIMPLY ASIA (from Thai Kitchen)</b>													
<i>Sauces and seasonings, delicious flavors . For more information, visit <a href="http://www.simplyasia.net">www.simplyasia.net</a></i>													
<b>Noodles &amp; Sauce Meals</b>													
		SPA003	Chili and Garlic	6 / 235 g	3.25	17.74							
		SPA004	Soy Ginger	6 / 235 g	3.25	17.74							
		SPA005	Spicy Kung Pao	6 / 235 g	3.25	17.74							
<b>SIMPLY NATURAL</b>													
<i>For more information visit <a href="http://www.cheltenhamhouse.com">www.cheltenhamhouse.com</a></i>													
<b>February Line Drive</b>													
<b>Salsa, Chunky, Organic</b>													
		SMP103	Mango	12 / 470 ml	3.27	34.33					30%	2.29	24.03
		SMP101	Medium	12 / 470 ml	3.27	34.33					30%	2.29	24.03
		SMP100	Mild	12 / 470 ml	3.27	34.33					30%	2.29	24.03
		SMP102	Pineapple	12 / 470 ml	3.27	34.33					30%	2.29	24.03
		SMP104	Black Bean and Corn Salsa	12 / 470 ml	3.55	37.28					30%	2.49	26.10
<b>Ketchup, Organic</b>													
		SMP201	Ketchup	12 / 575 ml	3.87	40.55					30%	2.71	28.39
<b>Mustard Squeeze Bottle, Organic</b>													
		SMP054	Yellow	12 / 330 ml	3.24	33.99					30%	2.27	23.79
		SMP055	Dijon	12 / 330 ml	3.24	33.99					30%	2.27	23.79
		SMP056	Stone Ground	12 / 330 ml	3.24	33.99					30%	2.27	23.79
<b>Pasta Sauces, Organic</b>													
		SMP001	Marinara	12 / 700 ml	4.44	46.61					30%	3.11	32.63
		SMP007	Marinara with Red Wine	12 / 700 ml	4.44	46.61					30%	3.11	32.63
		SMP006	Spicy 'Fra Diavolo'	12 / 700 ml	4.44	46.61					30%	3.11	32.63
		SMP002	Tomato & Basil	12 / 700 ml	4.44	46.61					30%	3.11	32.63
		SMP003	Tomato & Mushroom	12 / 700 ml	4.44	46.61					30%	3.11	32.63
		SMP004	Tomato with Roasted Garlic	12 / 700 ml	4.44	46.61					30%	3.11	32.63
		SMP005	Tomato with Roasted Pepper	12 / 700 ml	4.44	46.61					30%	3.11	32.63
		SMP008	Vodka Cream	12 / 700 ml	4.44	46.61					30%	3.11	32.63
<b>Asian Cooking Sauce</b>													
		SMP009	General Tso's	12 / 354 ml	3.73	39.10					30%	2.61	27.37
		SMP010	Orange Szechuan	12 / 354 ml	3.73	39.10					30%	2.61	27.37
		SMP011	Ginger Teriyaki w/ Pineapple	12 / 354 ml	3.73	39.10					30%	2.61	27.37
		SMP012	Thai Peanut	12 / 354 ml	3.73	39.10					30%	2.61	27.37

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Salad Dressings &amp; Vinaigrettes, Organic</b>													
	o	SMP030	Ranch Dressing	12 / 354 ml	3.34	35.02					30%	2.34	24.51
	o	SMP031	Roasted Red Pepper Vinaigrette	12 / 354 ml	3.34	35.02					30%	2.34	24.51
	o	SMP022	Balsamic Vinaigrette	12 / 354 ml	3.34	35.02					30%	2.34	24.51
	o	SMP026	Creamy Caesar	12 / 354 ml	3.34	35.02					30%	2.34	24.51
	o	SMP020	Goddess	12 / 354 ml	3.34	35.02					30%	2.34	24.51
	o	SMP027	Honey Mustard	12 / 354 ml	3.34	35.02					30%	2.34	24.51
	o	SMP024	Italian with Roasted Pepper	12 / 354 ml	3.34	35.02					30%	2.34	24.51
	o	SMP029	Raspberry Vinaigrette	12 / 354 ml	3.34	35.02					30%	2.34	24.51
	o	SMP023	Roasted Garlic Vinaigrette	12 / 354 ml	3.34	35.02					30%	2.34	24.51
	o	SMP028	Sesame Ginger	12 / 354 ml	3.34	35.02					30%	2.34	24.51
	o	SMP021	Vinaigrette w/ Sun Dried Tomatoes	12 / 354 ml	3.34	35.02					30%	2.34	24.51
<b>SKEET &amp; IKE'S</b>													
<i>Simple healthy natural and organic snacks with no trans fats, sulphites, artificial flavours or colours.</i>													
For more information visit <a href="http://www.skeetandikes.com">www.skeetandikes.com</a>													
<b>Organic Corn Chips</b>													
H	co	SKT108	Corn Chips w/ sea salt	12 / 142 g	3.58	39.03		15%	3.04	33.18			
<b>Organic Popcorn</b>													
H	o	SKT123	Kettle	12 / 142 g	3.58	39.03							
<b>Popcorn</b>													
H		SKT120	White Cheddar	12 / 113 g	3.58	39.03							
H		SKT121	Sea Salt	12 / 113 g	3.58	39.03							
<b>Organic Snacks</b>													
H	co	SKT150	Almonds, Roasted - Disco'd	12 / 90 g	4.38	47.72	- Disco'd	15%	3.72	40.56			
H	co	SKT151	Tamari Almonds - Disco'd	12 / 90 g	4.38	47.72	- Disco'd						
H	co	SKT152	Fruit & Nut Mix - Disco'd	12 / 120 g	4.38	47.72	- Disco'd	15%	3.72	40.56			
H	co	SKT105	Soy Nuts, Sea Salt - Disco'd	12 / 160 g	3.18	34.63	- Disco'd	15%	2.70	29.44			
<b>Natural Snacks</b>													
H	c	SKT103	Rice, Original - Disco'd	12 / 95 g	2.58	28.09	- Disco'd						
H	c	SKT104	Corn - Disco'd	12 / 120 g	3.18	34.63	- Disco'd	15%	2.70	29.44			
<b>Organic Trail Mix</b>													
H	co	SKT107	Tamari - Disco'd	12 / 110 g	4.38	47.72	- Disco'd	15%	3.72	40.56			
<b>Organic Granola</b>													
H	co	SKT130	Original	12 / 340 g	6.67	72.66					15%	5.67	61.76
H	co	SKT131	Berry	12 / 310 g	6.67	72.66					15%	5.67	61.76
H	co	SKT132	Maple Nut	12 / 310 g	6.67	72.66					15%	5.67	61.76
<b>SO DELICIOUS</b>													
<i>All natural dairy free frozen desserts and novelties and fresh coconut milk. For more information visit <a href="http://www.turtlemountain.com">www.turtlemountain.com</a></i>													
<b>• Refrigerated</b>													
<b>Fresh Cultured Coconut Milk Yogurt</b>													
R	GfK	SDE060	Blueberry	12 / 454 g	4.67	49.35		20%	3.74	39.48			
R	GfK	SDE061	Vanilla	12 / 454 g	4.67	49.35		20%	3.74	39.48			
R	GfK	SDE062	Plain	12 / 454 g	4.67	49.35		20%	3.74	39.48			
R	GfK	SDE063	Strawberry	12 / 454 g	4.67	49.35		20%	3.74	39.48			
<b>Coconut Milk, Organic - Not Available in Nova Scotia</b>													
R	DGfKO	SDE901	Unsweetened	6 / 1.89 L	4.79	25.29		15%	4.07	21.50			
R	DGfKO	SDE902	Original	6 / 1.89 L	4.79	25.29		15%	4.07	21.50			

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b><u>Coconut Milk, made with organic coconuts - Not Available in Nova Scotia</u></b>													
R	DGfK	SDE900	Vanilla	6 / 1.89 L	4.79	25.29		15%	4.07	21.50			
<b><u>Coconut Milk for Coffee - Not Available in Nova Scotia</u></b>													
H	R	DGfK	SDE153	French Vanilla	12 / 473 ml	2.59	27.35				15%	2.20	23.25
H	R	DGfK	SDE154	Original	12 / 473 ml	2.59	27.35				15%	2.20	23.25
H	R	DGfK	SDE155	Hazelnut	12 / 473 ml	2.59	27.35				15%	2.20	23.25
<b>• UHT Beverages - Not Available in Nova Scotia</b>													
<b><u>Organic Coconut Milk Beverage, UHT - Full Cases Only</u></b>													
	DKO	SDE150	Vanilla	12 / 946 ml		31.59					15%		26.85
	DKO	SDE151	Unsweetened	12 / 946 ml		31.59					15%		26.85
	DKO	SDE152	Original	12 / 946 ml		31.59					15%		26.85
<b>• Frozen</b>													
<b><u>Organic Coconut Milk Mini Bar Multipack Novelties, sweetened with low-glycemic agave syrup</u></b>													
H	F	DKO	SDE113	Organic Fudge Bar	12 / 6x54 ml	5.72	60.41		20%	4.58	48.33		
<b><u>Coconut Milk Multipack Mini Novelties, sweetened with low-glycemic agave syrup</u></b>													
H	F	DK	SDE025	Coconut Sandwich	12 / 8x68ml	6.76	71.35		20%	5.41	57.08		
H	F	DK	SDE026	Banana Split Sandwich	12 / 8x68ml	6.76	71.35		20%	5.41	57.08		
H	F	DK	SDE027	Chocolate Coated Vanilla Bar	12 / 4x68ml	5.65	59.67		20%	4.52	47.74		
H	F	DK	SDE028	Coconut Almond Bar	12 / 4x68ml	5.65	59.67		20%	4.52	47.74		
<b><u>Gluten-free Coconut Milk Pints, sweetened with low-glycemic agave syrup</u></b>													
F	DGfK	SDE029	Mocha Almond Fudge	8 / 500 ml	6.39	44.98							
F	DGfK	SDE030	Cherry Amaretto	8 / 500 ml	6.39	44.98							
F	DGfK	SDE031	Choc-Peanut Butter Swirl	8 / 500 ml	6.39	44.98							
<b><u>Coconut Milk Pints, sweetened with low-glycemic agave syrup</u></b>													
F	DK	SDE020	Vanilla Bean	8 / 500 ml	6.39	44.98							
F	DK	SDE021	Chocolate	8 / 500 ml	6.39	44.98							
F	DK	SDE022	Coconut	8 / 500 ml	6.39	44.98							
F	DK	SDE023	Cookie Dough	8 / 500 ml	6.39	44.98							
F	DK	SDE024	Mint Chip	8 / 500 ml	6.39	44.98							
<b><u>Quarts, Organic</u></b>													
F	DKO	SDE001	Creamy Vanilla	6 / 946 ml	7.24	38.21							
F	DKO	SDE002	Chocolate Velvet	6 / 946 ml	7.24	38.21							
F	DKO	SDE003	Chocolate Peanut Butter	6 / 946 ml	7.24	38.21							
F	DKO	SDE004	Mint Marble Fudge	6 / 946 ml	7.24	38.21							
F	DKO	SDE005	Neapolitan	6 / 946 ml	7.24	38.21							
F	DKO	SDE006	Strawberry	6 / 946 ml	7.24	38.21							
<b><u>Pints, Purely Decadent</u></b>													
F	DK	SDE500	Cherry Nirvana	8 / 500 ml	5.42	38.15							
F	DK	SDE502	Chocolate Brownie Almond	8 / 500 ml	5.42	38.15							
F	DK	SDE501	Chocolate Obsession	8 / 500 ml	5.42	38.15							
F	DK	SDE504	Cookie Avalanche	8 / 500 ml	5.42	38.15							
F	DK	SDE505	Peanut Butter Zigzag	8 / 500 ml	5.42	38.15							
F	DK	SDE506	Praline Pecan	8 / 500 ml	5.42	38.15							
F	DK	SDE507	Purely Vanilla	8 / 500 ml	5.42	38.15							
F	DK	SDE511	Turtle Trails	8 / 500 ml	5.42	38.15							
<b><u>Organic Li'l Buddies Multipack Novelties</u></b>													
H	F	DKO	SDE121	Chocolate Li'l Buddies Sandwich	12 / 6x89 ml	6.03	63.63						
H	F	DKO	SDE120	Vanilla Li'l Buddies Sandwich	12 / 6x89 ml	6.03	63.63						
<b><u>Multipack Novelties</u></b>													
H	F	DK	SDE143	Neopolitan Mini Sandwich	12 / 8 X 69ml	5.50	58.06						
H	F	DK	SDE141	Vanilla Mini Sandwich	12 / 8x69 ml	5.50	58.06						

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

## SO YUMMI

*Refrigerated, gluten-free, dairy-free, lactose-free, whipped mousse deserts made with non-GMO soy that is certified 100% organic.*

*No trans-fats, cholesterol, artificial sweeteners or preservatives. For more information visit [www.soyummifoods.com](http://www.soyummifoods.com)*

### So Yummy Whipped Dairy-free Pudding - 4 x 100 g servings per/pack

R	CDGf	SYM013	Tapioca	6 / 400 g	3.23	17.60							
R	CDGf	SYM010	Dark Chocolate	6 / 400 g	3.23	17.60							
R	CDGf	SYM011	Ltd Edition Lime	6 / 400 g	3.23	17.60							
R	CDGf	SYM012	Rice	6 / 400 g	3.23	17.60							
R	CDGf	SYM014	Black Cherry	6 / 400 g	3.23	17.60							

## SOBAYA

### Noodles, Organic

CKO	UDO002	Udon - Wheat		12 / 230 g	2.62	28.62							
CKO	SOB001	Soba - 40% Buckwheat		12 / 230 g	2.97	32.35							
CKO	KAM010	Soba - Kamut		12 / 230 g	3.10	33.81							
CKO	SPL001	Soba - Spelt		12 / 130 g	3.20	34.86							
CKO	KAM012	Somen - Kamut		12 / 230 g	3.20	34.86							
CKO	KAM011	Udon - Kamut		12 / 230 g	3.20	34.86							
CKO	SPL002	Udon - Spelt		12 / 230 g	3.20	34.86							
CKO	KAM013	Genmai - Kamut		12 / 230 g	3.36	36.71							

### Noodles

CK	SOB004	Soba - 40% Buckwheat		12 / 454 g	3.67	40.04							
----	--------	----------------------	--	------------	------	-------	--	--	--	--	--	--	--

### Noodles - BULK

CK	SOB006	Soba - 40% Buckwheat		1 / 5 kg	32.74								
CKO	SOB003	Soba - 40% Buckwheat, Organic		1 / 5 kg	41.86								
CKO	UDO001	Udon - Wheat, Organic		1 / 5 kg	36.98								

## SOL CUISINE

*Our continuing focus is on vegetarian, organic, kosher, wheat & gluten free, nutritious, delicious and convenient tofu lines. For more information, visit [www.solcui](http://www.solcui)*

### • **Gluten-free Organic Refrigerated**

#### Solqurt, Organic Soy-Based Yogurt - single serve

R	CGfKO	SLC201	Blueberry	12 / 170 g	1.88	20.53					15%	1.60	17.45
R	CGfKO	SLC200	Strawberry	12 / 170 g	1.88	20.53					15%	1.60	17.45

#### Solqurt, Organic Soy-Based Yogurt - Full Cases Only

R	CGfKO	SLC150	Natural	6 / 680 g		22.39					15%		19.03
R	CGfKO	SLC151	Vanilla	6 / 680 g		26.87					15%		22.84

### Tofu, Organic

R	CGfOW	SLC080	Herb	12 / 227 g	1.51	16.42					15%	1.28	13.96
R	CGfOW	SLC081	Sesame Ginger	12 / 227 g	1.51	16.42					15%	1.28	13.96
R	CGfOW	SCF100	Tofu, Vacuum Pack	12 / 454 g	2.87	31.35					15%	2.44	26.65

### Sol-Ground, Organic

R	CGfKO	SLC060	Original	12 / 280 g	4.65	50.75					15%	3.95	43.14
---	-------	--------	----------	------------	------	-------	--	--	--	--	-----	------	-------

### Tofu "Ribs", Organic

R	CGfOW	SLC050	T-Ribz	12 / 280 g	4.65	50.75					15%	3.95	43.14
---	-------	--------	--------	------------	------	-------	--	--	--	--	-----	------	-------

### Tofu, Organic - BULK

R	CGfOW	TOF022	Tofu 260g 27-pack (Soy City)	1 / 27 ct	34.60								
---	-------	--------	------------------------------	-----------	-------	--	--	--	--	--	--	--	--

### • **Frozen**

#### Gluten-free Frozen Falafel, Organic - 12-packs

F	CGfKO	SLC030	Falafel with Sauce	12 / 360 g	5.47	59.71							
---	-------	--------	--------------------	------------	------	-------	--	--	--	--	--	--	--

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

**Gluten-free Frozen Meatless Burgers & Patties - All Burgers are now 284 g**

F	CGIK	SLC006	Veggie Breakfast Patties	12 / 228g	3.69	40.30							
F	CGIKW	SLC005	Mushroom Rice	12 / 284 g	4.60	50.24							
F	CGW	SLC001	Original	12 / 284 g	4.60	50.24							
F	CGW	SLC002	Spicy Black Bean	12 / 284 g	4.60	50.24							
F	CGW	SLC003	Sweet Curry Vegetable	12 / 284 g	4.60	50.24							

**Frozen Meatless Burgers**

F	CK	SLC004	Almond Grain (spelt, soy, almond)	12 / 284 g	4.60	50.24							
---	----	--------	-----------------------------------	------------	------	-------	--	--	--	--	--	--	--

**Frozen Meatless Patties - BULK**

F	CK	SLC007	Veggie Breakfast Patties	1 / 88 ct	34.33								
---	----	--------	--------------------------	-----------	-------	--	--	--	--	--	--	--	--

### SOLIS / SEPPS ORGANICS

*Sepps Organic Tortilla Wraps are now part of Solis. For more information, visit [www.seppsfoods.com](http://www.seppsfoods.com)*

**Tortillas 10", Organic, Frozen**

F	CKO	SEP001	Original	16 / 390 g	2.43	35.32							
F	CKO	SEP002	Whole Wheat	16 / 390 g	2.43	35.32							
F	CKO	SEP003	Spinach & Garlic	16 / 390 g	2.43	35.32							

### LA SOYARIE

*Producing high quality tofu products for over 25 years, using organic and GMO-free whole soybeans in different textures. For more information, visit [www.soyarie.com](http://www.soyarie.com)*

**Tofu Mini Cubes**

R	C	LAS023	Sesame Tamari	12 / 200g	2.93	31.97							
R	C	LAS024	Ginger Tamari	12 / 200g	2.93	31.97							

**Tofu Slices**

R	C	LAS025	Southern Style	12 / 250g	2.68	29.28							
---	---	--------	----------------	-----------	------	-------	--	--	--	--	--	--	--

**Shifu Tofu - ready-to-eat, flavoured tofu**

R	C	LAS120	Tofu Bites, Regular	12 / 175 g	2.68	29.19							
R	C	LAS121	Tofu Bites, BBQ	12 / 175 g	2.68	29.19							

**Burgers, Tofu - 4-pack**

R	C	LAS014	Ganmo, Tofu	12 / 300 g	3.71	40.54							
R	C	LAS010	Miso, Baked	12 / 300 g	3.71	40.54							
R	C	LAS011	Teriyaki, Baked	12 / 300 g	3.71	40.54							
R	C	LAS012	Tofu, Herb and Spice, Baked	12 / 300 g	3.71	40.54							

**Silken Tofu, Organic, water packed**

R	CO	LAS003	Silken	12 / 500 g	2.34	25.57							
---	----	--------	--------	------------	------	-------	--	--	--	--	--	--	--

**Firm Tofu, Organic, vacuum packed**

R	CO	LAS004	Extra-Firm	12 / 350 g	1.93	21.09							
R	CO	LAS001	Firm	12 / 454 g	2.34	25.57							
R	CO	LAS002	Herb	12 / 454 g	2.34	25.57							

### SPECTRUM NATURALS

*Oils and trans-fat free spreads, supplements with essential lipids. For more information visit [www.spectrumorganics.com](http://www.spectrumorganics.com)*

**• Refrigerated**

**Coconut Oil, Organic**

R	KO	SPC035	Coconut Oil, Organic, Refined	12 / 414 ml	8.67	90.79					15%	7.37	77.17
---	----	--------	-------------------------------	-------------	------	-------	--	--	--	--	-----	------	-------

**Mayonnaise & Shortening - BULK**

R	K	SPC140	Canola Mayonnaise (30lbs)	1 / 13.6 kg	92.25								
R	O	SPC020	Orgainc Palm Shortening (33lb)	1 / 15 kg	106.16								

*No Hydrogenation or Transfatty Acids*

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>• Shelf Stable</b>													
<b><u>Vinegar, Organic</u></b>													
	ko	VIN007	Apple Cider - Unfiltered	12 / 473 ml	4.68	48.97		15%	3.98	41.62			
	ko	VIN008	Apple Cider - Unfiltered	12 / 946 ml	6.92	72.50		15%	5.88	61.63			
	o	VIN016	Balsamic, Aged 4 Years	6 / 500 ml	9.32	48.77		15%	7.92	41.45			
	o	VIN018	Red Wine	6 / 500 ml	9.32	48.77		15%	7.92	41.45			
	o	VIN017	White Wine	6 / 500 ml	9.32	48.77		15%	7.92	41.45			
<b><u>Mayonnaise, Canola, "Community"</u></b>													
		MAY025	Lite (Eggless)	12 / 473 ml	4.78	50.03		15%	4.06	42.53			
		MAY007	Natural	12 / 473 ml	5.22	54.60		15%	4.44	46.41			
		MAY008	Natural	12 / 946 ml	7.72	80.88		15%	6.56	68.75			
<b><u>Mayonnaise, Soy, Organic</u></b>													
	o	MAY120	Mayonnaise, Soy	12 / 473 ml	7.87	82.41		15%	6.69	70.05			
	o	MAY121	Mayonnaise, Soy	12 / 946 ml	11.72	122.79		15%	9.96	104.37			
<b><u>Natural Skillet Sprays - no GMOs, no CFCs, no Petrochemical Extraction</u></b>													
	k	SPC225	Canola, High Heat	6 / 170 g	6.41	33.56					15%	5.45	28.53
	k	SPC230	Canola, High Heat, Large	6 / 453 g	10.40	54.44					15%	8.84	46.27
	k	SPC222	Olive, Extra Virgin	6 / 170 g	8.27	43.28					15%	7.03	36.79
<b><u>Oil, Expeller Pressed, Organic</u></b>													
	o	SPC034	Asian Stir Fry Oil	6 / 375 ml	10.61	55.57					15%	9.02	47.23
	ko	OIL129	Canola, Refined	6 / 375 ml	8.21	43.00		15%	6.98	36.55			
	ko	OIL104	Safflower, Semi-Refined	6 / 375 ml	10.61	55.57					15%	9.02	47.23
	ko	OIL102	Olive, Extra Virgin, Unrefined	6 / 375 ml	12.01	62.91		15%	10.21	53.47			
	ko	OIL130	Canola, Refined	6 / 750 ml	13.82	72.35		15%	11.75	61.50			
	ko	OIL101	Olive, Extra Virgin, Unrefined	6 / 750 ml	19.92	104.35		15%	16.93	88.70			
	ko	SPC110	Olive, Mediterranean XV Every Day	6 / 1 L	22.17	116.10		15%	18.84	98.69			
<b><u>Oil, Expeller Pressed</u></b>													
	k	OIL121	Canola, Refined	6 / 375 ml	5.81	30.43		15%	4.94	25.87			
	k	OIL120	Canola, Refined	6 / 750 ml	8.72	45.68		15%	7.41	38.83			
	k	OIL200	Almond, Refined	6 / 375 ml	10.61	55.57					15%	9.02	47.23
	k	SPC040	Peanut, Unrefined	6 / 375 ml	10.61	55.57					15%	9.02	47.23
	k	OIL116	Sesame, Unrefined	6 / 375 ml	10.61	55.57					15%	9.02	47.23
	k	OIL202	Walnut, Refined	6 / 375 ml	10.61	55.57					15%	9.02	47.23
	k	OIL106	Olive, Extra Virgin, Unrefined	6 / 375 ml	10.61	55.57		15%	9.02	47.23			
	k	OIL105	Olive, Extra Virgin, Unrefined	6 / 750 ml	17.72	92.82		15%	15.06	78.90			
<b><u>Oil, Expeller Pressed - BULK</u></b>													
	k	OIL127	Canola - Refined	4 / 3.78 L	25.31	88.38							
	k	OIL107	Olive, Extra Virgin	4 / 3.78 L	69.93	244.20							
<b>STAHLBUSH ISLAND FARMS</b>													
<i>Committed to sustainable agriculture. Exceptional-quality frozen foods. For more information visit <a href="http://www.stahlbush.com">www.stahlbush.com</a></i>													
<b><u>Frozen Organic Whole Grains &amp; Beans</u></b>													
	ko	STH057	Brown Rice & Black Beans	12 / 454 g	3.35	34.54					25%	2.51	25.91
		STH063	Red Beans & Brown Rice	12 / 454 g	3.35	34.54					25%	2.51	25.91
<b><u>Frozen Organic Beans</u></b>													
		STH058	Garbanzo Beans	12 / 454 g	3.35	34.54					25%	2.51	25.91
		STH060	Green Lentils	12 / 283 g	3.35	34.54					25%	2.51	25.91
		STH061	Black Eyed Peas	12 / 454 g	3.35	34.54					25%	2.51	25.91
<b><u>Frozen Organic Whole Grains</u></b>													
		STH062	Wheat Berries	12 / 283 g	3.35	34.54					25%	2.51	25.91
		STH064	Wild Rice	12 / 283 g	3.35	34.54					25%	2.51	25.91

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Frozen Fruits</b>													
F	K	STH025	Heirloom Boysenberries	12 / 227 g	4.49	46.37		20%	3.59	37.10			
F	K	STH007	Rhubarb, Cut	12 / 300 g	2.66	27.45		20%	2.13	21.96			
F	K	STH021	Blueberries	12 / 300 g	4.49	46.37		20%	3.59	37.10			
F	K	STH022	Cranberries	12 / 300 g	4.49	46.37		20%	3.59	37.10			
F	K	STH028	Health Berry Blend <i>with Blueberries, Black Raspberries, and Marion Blackberries</i>	12 / 227 g	4.49	46.37		20%	3.59	37.10			
F	K	STH020	Marion Blackberries	12 / 300 g	4.49	46.37		20%	3.59	37.10			
F	K	STH023	Red Raspberries	12 / 300 g	4.49	46.37		20%	3.59	37.10			
F	K	STH024	Pacific NW Strawberries	12 / 300 g	4.49	46.37		20%	3.59	37.10			
<b>Frozen Vegetables</b>													
F	K	STH009	Green Beans	12 / 300 g	2.66	27.45					25%	2.00	20.59
F	K	STH001	Broccoli Florets	12 / 350 g	2.66	27.45					25%	2.00	20.59
F	K	STH002	Butternut Squash, Diced	12 / 350 g	2.66	27.45					25%	2.00	20.59
F	K	STH003	Super Sweet Corn	12 / 350 g	2.66	27.45					25%	2.00	20.59
F	K	STH004	Green Peas	12 / 350 g	2.66	27.45					25%	2.00	20.59
F	K	STH008	Mixed Vegetables	12 / 300 g	2.66	27.45					25%	2.00	20.59
F	K	STH005	Spinach, Cut	12 / 300 g	2.66	27.45					25%	2.00	20.59
F	K	STH006	Sweet Potatoes	12 / 350 g	2.66	27.45					25%	2.00	20.59
<b>Frozen Fruits &amp; Vegetables, Large Bags - Full Cases Only</b>													
F	K	STH048	Red Raspberries	6 / 2.04 kg		154.55							
F	K	STH049	Cranberries	5 / 2.27 kg		89.50							
F	K	STH050	Blueberries	6 / 2.27 kg		110.40							
F	K	STH051	Pacific NW Strawberries	6 / 2.04 kg		100.93							
F	K	STH052	Marion Blackberries	6 / 2.04 kg		122.22							
F	K	STH053	Green Peas	6 / 2.27 kg		82.01							
F	K	STH054	Super Sweet Corn	6 / 2.27 kg		77.28							
F	K	STH055	Butternut Squash, diced	6 / 2.04 kg		71.60							
F	K	STH056	Spinach, chopped	6 / 1.81 kg		82.01							
<b>STASH TEA</b>													
<i>Teas from China, India, Sri Lanka and Japan. For more information visit <a href="http://www.stashtea.com">www.stashtea.com</a></i>													
<b>Premium Loose Leaf Tea</b>													
K		STA303	Earl Grey	6 / 50 g	4.26	22.35		10%	3.83	20.12			
K		STA302	Jasmine Blossom, Green	6 / 50 g	4.26	22.35		10%	3.83	20.12			
K		STA300	Premium Green	6 / 50 g	4.26	22.35		10%	3.83	20.12			
K		STA301	Chai Spice	6 / 50 g	4.80	25.18		10%	4.32	22.66			
<b>Organic Tea</b>													
KO		STA093	Breakfast Blend	6 / 18 ct	3.67	19.23		10%	3.30	17.31			
KO		STA096	Cascade Mint	6 / 18 ct	3.67	19.23		10%	3.30	17.31			
KO		STA092	Chai, Black & Green	6 / 18 ct	3.67	19.23		10%	3.30	17.31			
KO		STA091	Chamomile	6 / 18 ct	3.67	19.23		10%	3.30	17.31			
KO		STA095	Earl Grey, Black & Green	6 / 18 ct	3.67	19.23		10%	3.30	17.31			
KO		STA099	Vanilla Honeybush	6 / 18 ct	3.67	19.23		10%	3.30	17.31			
KO		STA100	Lemon Ginger Green	6 / 18 ct	3.67	19.23		10%	3.30	17.31			
KO		STA094	Premium Green	6 / 18 ct	3.67	19.23		10%	3.30	17.31			
KO		STA138	Decaf Premium Green	6 / 18 ct	3.67	19.23		10%	3.30	17.31			
KO		STA132	White Tea with Mint	6 / 18 ct	3.67	19.23		10%	3.30	17.31			
<b>Japanese Powdered Sencha - Iced Green Tea</b>													
K		STA150	Green	6 / 12 ct	3.76	19.71							
K		STA152	Blueberry	6 / 12 ct	3.76	19.71							
K		STA153	Lemon Ginger	6 / 12 ct	3.76	19.71							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Japanese Powdered Sencha - Iced Green Tea</b>													
κ		STA154	Mint	6 / 12 ct	3.76	19.71							
κ		STA151	Green, lightly sweetened	6 / 8 ct	3.76	19.71							
κ		STA155	Pomegranate Raspberry, sweet	6 / 8 ct	3.76	19.71							
<b>English Labelling, stickered w/ French &amp; English ingredients - Not available in Quebec</b>													
κ		STA042	Super Irish Breakfast, black tea	6 / 20 ct	3.15	16.49							
<b>• Premium Teas</b>													
<b>Wuyi Oolong Tea</b>													
κ		STA135	Chocolate Mint	6 / 18 ct	3.35	17.57					10%	3.02	15.81
κ		STA136	Coconut Mango	6 / 18 ct	3.35	17.57					10%	3.02	15.81
κ		STA137	White Peach	6 / 18 ct	3.35	17.57					10%	3.02	15.81
<b>Herbal Tea, Caffeine-Free - New name and formulation for "Wild Raspberry"</b>													
κ		STA010	Wild Raspberry Hibiscus	6 / 20 ct	3.35	17.57					10%	3.02	15.81
<b>Herbal Tea, Caffeine-Free</b>													
κ		STA036	Cinnamon Vanilla	6 / 18 ct	3.35	17.57					10%	3.02	15.81
κ		STA037	Cranberry Pomegranate	6 / 18 ct	3.35	17.57					10%	3.02	15.81
κ		STA038	Mellow Moments	6 / 18 ct	3.35	17.57					10%	3.02	15.81
κ		STA230	Acai Berry	6 / 18 ct	3.35	17.57					10%	3.02	15.81
κ		STA028	Blueberry Superfruit	6 / 20 ct	3.35	17.57					10%	3.02	15.81
κ		STA002	Chamomile	6 / 20 ct	3.35	17.57					10%	3.02	15.81
κ		STA030	Chamomile Nights	6 / 20 ct	3.35	17.57					10%	3.02	15.81
κ		STA001	Cinnamon Apple Chamomile	6 / 20 ct	3.35	17.57					10%	3.02	15.81
κ		STA003	Meyer Lemon (Lemon Blossom)	6 / 20 ct	3.35	17.57					10%	3.02	15.81
κ		STA027	Lemon Ginger	6 / 20 ct	3.35	17.57					10%	3.02	15.81
κ		STA004	Licorice Spice	6 / 20 ct	3.35	17.57					10%	3.02	15.81
κ		STA005	Mango Passionfruit	6 / 20 ct	3.35	17.57					10%	3.02	15.81
κ		STA006	Peppermint	6 / 20 ct	3.35	17.57					10%	3.02	15.81
κ		STA103	Strawberry Pomegranate Red	6 / 18 ct	3.35	17.57					10%	3.02	15.81
κ		STA009	Yumberry Blackcurrant	6 / 20 ct	3.35	17.57					10%	3.02	15.81
<b>Decaffeinated Tea</b>													
κ		STA020	Decaf Chai Spice	6 / 18 ct	3.35	17.57					10%	3.02	15.81
κ		STA054	Decaf Chocolate Hazelnut	6 / 18 ct	3.35	17.57					10%	3.02	15.81
κ		STA021	Decaf Earl Grey	6 / 18 ct	3.35	17.57					10%	3.02	15.81
κ		STA022	Decaf English Breakfast	6 / 18 ct	3.35	17.57					10%	3.02	15.81
κ		STA056	Decaf Raspberry and White	6 / 18 ct	3.35	17.57					10%	3.02	15.81
κ		STA105	Decaf Vanilla Chai	6 / 18 ct	3.35	17.57					10%	3.02	15.81
κ		STA023	Decaf Premium Green	6 / 18 ct	3.35	17.57					10%	3.02	15.81
κ		STA026	Decaf Vanilla Nut Crème	6 / 20 ct	3.35	17.57					10%	3.02	15.81
<b>Green &amp; White Tea Blends with Matcha</b>													
κ		STA039	Mojito Mint Green w Matcha	6 / 18 ct	3.35	17.57					10%	3.02	15.81
κ		STA120	Fusion Breakfast Green & Black w Matcha	6 / 18 ct	3.35	17.57					10%	3.02	15.81
κ		STA121	Ginger Peach Green w Matcha	6 / 18 ct	3.35	17.57					10%	3.02	15.81
κ		STA122	Pomegranate Raspberry Green w Matcha	6 / 18 ct	3.35	17.57					10%	3.02	15.81
κ		STA231	Goji Berry Green w Matcha	6 / 18 ct	3.35	17.57					10%	3.02	15.81
<b>Green &amp; White Tea Blends</b>													
κ		STA131	White Chai Tea	6 / 18 ct	3.35	17.57					10%	3.02	15.81
κ		STA031	Fusion Green & White	6 / 18 ct	3.35	17.57					10%	3.02	15.81
κ		STA104	Fusion Red, White & Blueberry	6 / 18 ct	3.35	17.57					10%	3.02	15.81
κ		STA025	Green Chai	6 / 20 ct	3.35	17.57					10%	3.02	15.81
κ		STA029	Jasmine Blossom	6 / 20 ct	3.35	17.57					10%	3.02	15.81
κ		STA018	Moroccan Mint Green	6 / 20 ct	3.35	17.57					10%	3.02	15.81
κ		STA019	Premium Green	6 / 20 ct	3.35	17.57					10%	3.02	15.81

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Black Tea Blends</b>													
K		STA013	Double Bergamot Earl Grey	6 / 18 ct	3.35	17.57					10%	3.02	15.81
K		STA041	Double Spice Chai	6 / 18 ct	3.35	17.57					10%	3.02	15.81
K		STA012	Chai Spice	6 / 20 ct	3.35	17.57					10%	3.02	15.81
K		STA014	Earl Grey	6 / 20 ct	3.35	17.57					10%	3.02	15.81
K		STA015	English Breakfast	6 / 20 ct	3.35	17.57					10%	3.02	15.81
<b>Tea Samplers</b>													
K		STA051	Herbal Tea Sampler	6 / 18 ct	3.35	17.57					10%	3.02	15.81
<i>2 ea: Apple Cinnamon, Chamomile, Lemon Blossom, Licorice Spice, Peppermint, Ruby Mist, Sandman, Wild Raspberry, Wintermint</i>													
K		STA053	Green Tea Sampler	6 / 18 ct	3.35	17.57					10%	3.02	15.81
<i>3 ea: Chai Green, Fusion Green &amp; White, Moroccan Mint, Organic Green, Premium Green, Sushi Bar Green</i>													

## STEPHANO'S

*Local on-farm bakery of natural granolas & cereals. Hand-baked in small batches. Local honey used (from Arnprior). Oats and other ingredients not available yet locally, but the oats and spelt flour are grown in Canada.*

### Muesli & Cereal - Packaged in Resealable Tubs

c	GRA035	Low Fat Breakfast	1 / 500 g	4.69		
c	GRA033	Instant Oatmeal	1 / 450 g	4.69		

### Granola - Packaged in Resealable Tubs

c	GRA032	Chunky Berry Patch	1 / 500 g	4.69		
c	GRA038	Coconut-Mango	1 / 500 g	4.69		
c	GRA031	Deluxe	1 / 550 g	4.69		
c	GRA034	Fruit & Nut	1 / 500 g	4.69		
c	GRA036	Hemp	1 / 500 g	4.69		
co	GRA030	Totally Organic	1 / 500 g	5.47		

### Cereal & Granola - BULK

co	CER051	Low Fat Breakfast Cereal	1 / 5 kg	42.05		
c	GRA024	Maple Nut	1 / 5 kg	27.81		
c	GRA021	Unsweetened	1 / 5 kg	27.81		
c	GRA026	Fruit & Nut	1 / 5 kg	28.63		
c	GRA028	Chunky Berry Patch	1 / 5 kg	36.80		
c	GRA037	Coconut-Mango	1 / 5 kg	36.80		
c	GRA022	Deluxe	1 / 5 kg	36.80		
c	GRA029	Hemp	1 / 5 kg	36.80		
co	GRA039	Apple Cinnamon, Organic	1 / 5 kg	38.77		
co	GRA020	Totally Organic	1 / 5 kg	42.05		

## STICKLING`S

*Made in Peterborough, Ontario, the pizza crusts are shelf-stable vacuum packed and have a 9 month shelf life, . Certified gluten-free rice crust; certified organic and vegan whole grain spelt and seven-grain crusts. For more information, visit [www.sticklingsbakery.com](http://www.sticklingsbakery.com)*

### Gluten-free Rice Croutons and Bread Crumbs

CDGRW	<b>STK020</b>	<b>Bread Crumbs - New</b>	6 / 500 g	6.72	37.95		15%	5.71	32.26
CDGRW	<b>STK021</b>	<b>Herb Garlic Croutons - New</b>	6 / 175 g	4.69	26.48		15%	3.99	22.51

### Gluten-free Pizza Crust

CDGf	<b>STK004</b>	<b>White Rice, 7" size - New</b>	6 / 150 g	4.30	24.27		15%	3.66	20.63
CGf	STK003	Rice	6 / 300 g	5.28	29.78				

### Organic Pizza Crust

co	STK001	7 Grain	6 / 300 g	4.40	24.83				
co	STK002	Whole Grain Spelt	6 / 300 g	4.40	24.83				

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.  
Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>• Frozen</b>													
<b>Organic Bread - New</b>													
F	CO	STK005	7-Grain Big Toast - New	12 / 750 g	4.02	48.18		15%	3.41	40.95	15%	3.41	40.95
F	CO	STK006	Bountiful Raisin - New	12 / 600 g	4.02	48.18		15%	3.41	40.95	15%	3.41	40.95
F	CO	STK007	European Light Rye - New	12 / 600 g	4.02	48.18		15%	3.41	40.95	15%	3.41	40.95
F	CO	STK008	Mighty Good 12-Grain - New	12 / 600 g	4.02	48.18		15%	3.41	40.95	15%	3.41	40.95
<b>Organic Whole-Wheat Bread - New</b>													
F	CO	STK009	Red Fife OMEGA-3 - New	12 / 600 g	4.02	48.18		15%	3.41	40.95	15%	3.41	40.95
<b>Organic Whole-Grain Bagels - New</b>													
F	CO	STK010	7-Grain - New	12 / 450 g	4.02	48.18		15%	3.41	40.95	15%	3.41	40.95
F	CO	STK011	Spelt - New	12 / 450 g	4.02	48.18		15%	3.41	40.95	15%	3.41	40.95
F	CO	STK012	Muesli - New	12 / 450 g	4.02	48.18		15%	3.41	40.95	15%	3.41	40.95
<b>Organic Muffins - New</b>													
F	CO	STK013	Date & Hazelnut 80% Org - New	10 / 480 g	5.16	51.62		15%	4.39	43.88	15%	4.39	43.88
F	CO	STK014	Cranberry - New	10 / 480 g	5.16	51.62		15%	4.39	43.88	15%	4.39	43.88
F	CO	STK015	Blueberry - New	10 / 480 g	5.16	51.62		15%	4.39	43.88	15%	4.39	43.88
 <b>STRUB'S PICKLES</b>													
<i>Produced in Brantford, Ontario, Strub's organic and natural traditional pickles go from vine to brine within 24 hours.</i>													
<i>Kosher certified, all natural, with no preservatives. For more information visit <a href="http://www.strubpickles.com">www.strubpickles.com</a></i>													
<b>• Refrigerated</b>													
<b>Pickles, Natural</b>													
R	CK	STR005	Kosher Baby Dills	12 / 750 ml	4.22	46.80							
R	CK	STR007	Kosher Garden Fresh Dill Halves	12 / 750 ml	4.22	46.80							
R	CK	STR008	Kosher Dill Sandwich Snackers	12 / 500 ml	4.22	46.80							
R	CK	STR009	Kosher Dill Mini Snackers	12 / 500 ml	4.22	46.80							
R	CK	STR010	Hot Pepper Rings	12 / 750 ml	4.22	46.80							
R	CK	STR011	Sweet Pimentos	12 / 750 ml	4.50	49.92							
R	CK	STR012	Kosher Barrel Cured	12 / 1 L	3.50	38.81							
R	CK	STR014	Half Sour Dill	12 / 1 L	4.50	49.92							
<b>Pickles, Organic</b>													
R	CKO	STR001	Bread & Butter	12 / 750 ml	5.27	58.51							
R	CKO	STR002	Whole Dills	12 / 750 ml	5.27	58.51							
<b>• Shelf Stable, refrigerate after opening</b>													
<b>Pickles, Organic</b>													
	CKO	STR003	Sweet Pickle Relish	12 / 375 ml	3.23	35.83							
 <b>SUE'S GLUTEN FREE</b>													
<i>Two delicious gluten-free pizzas produced in Kingston, Ontario. Yes, there is a Sue. For more information visit <a href="http://www.suesglutenfreeproducts.com">www.suesglutenfreeproducts.com</a></i>													
<b>Gluten Free Pizza - vacuum sealed (crust contains gelatin)</b>													
F	CGf	SUE001	Cheese	12 / 240 g	6.70	70.58							
F	CGf	SUE002	Pepperoni	12 / 255 g	7.70	81.19							
 <b>SUZIE'S</b>													
<i>All natural and low in fat, made using a variety of different grains for great nutrition and full, satisfying flavours.</i>													
<b>Flatbread</b>													
K		SUZ030	Kamut Sesame	12 / 130 g	3.15	34.33							
K		SUZ031	Spelt Multiseed	12 / 130 g	3.15	34.33							
<b>Crackers</b>													
O		SUZ002	Rosemary Sesame	12 / 250 g	4.10	44.78							
O		SUZ003	Salted w/Olive Oil Crackers	12 / 250 g	4.10	44.78							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b><u>Breadsticks</u></b>													
	K	SUZ040	Kamut Sesame w/Olive Oil	12 / 130 g	3.01	32.84							
	K	SUZ041	Spelt Multiseed w/Olive Oil	12 / 130 g	3.01	32.84							
<b><u>Thin Cakes, Puffed Grains</u></b>													
	Gf	SUZ054	Corn, Quinoa & Sesame	12 / 130 g	2.87	31.35							
	Gf	SUZ055	Lightly Salted Corn	12 / 130 g	2.87	31.35							
		SUZ050	Rice	12 / 140 g	2.87	31.35							
		SUZ051	Rice with Salt	12 / 140 g	2.87	31.35							
		SUZ052	Multigrain	12 / 140 g	2.87	31.35							
		SUZ053	Spelt with Flax	12 / 140 g	2.87	31.35							
<b><u>Puffed Cakes, made with organic ingredients</u></b>													
		SUZ020	Kamut Cake - Agave	12 / 150 g	3.69	40.30							
		SUZ021	Kamut Cake - Plain	12 / 112 g	3.69	40.30							
		SUZ022	Kamut Cake - Lightly Salted	12 / 112 g	3.69	40.30							
		SUZ023	Spelt/Kamut Cake - Agave	12 / 160 g	3.69	40.30							
		SUZ024	Spelt/Kamut Cake - Plain	12 / 120 g	3.69	40.30							
		SUZ025	Spelt/Kamut Cake - Lightly Salted	12 / 120 g	3.69	40.30							
<b>SWEETPEA BABY FOOD</b>													
<i>Locally produced organic cookies &amp; frozen baby food. Frozen foods come in Individually portioned trays made without fillers, added salt, modified starches, sugars, artificial flavours, colours or preservatives. For more information, visit <a href="http://www.sweetpeababyfood.com">www.sweetpeababyfood.com</a></i>													
<b><u>Fruit (6 month) Blend, Frozen, Organic</u></b>													
	F	COW	SWE025	Pear & Brown Rice	12 / 300 ml	6.88	75.18		15%	5.85	63.90		
	F	COW	SWE001	Banana Blueberry	12 / 300 ml	6.88	75.18		15%	5.85	63.90		
<b><u>Vegetable (6 month) Blends, Frozen, Organic</u></b>													
	F	COW	SWE010	Broccoli	12 / 300 ml	6.88	75.18		15%	5.85	63.90		
	F	COW	SWE011	Butternut Squash	12 / 300 ml	6.88	75.18		15%	5.85	63.90		
	F	COW	SWE015	Sweet Potato	12 / 300 ml	6.88	75.18		15%	5.85	63.90		
<b><u>Protein (8 month) Blends, Frozen, Organic</u></b>													
	F	COW	SWE020	Veggies, Beef and Barley	12 / 300 ml	8.69	95.02						
	F	COW	SWE021	Veggies and Chicken	12 / 300 ml	8.69	95.02						
	F	COW	SWE022	Lentils & Root Veggies	12 / 300 ml	7.83	85.59						
	F	COW	SWE023	Veggies and Turkey	12 / 300 ml	8.69	95.02						
	F	COW	SWE024	Veggies & Quinoa	12 / 300 ml	7.83	85.59						
<b><u>Baby Cookies, Organic</u></b>													
	CKO		SWE050	Pear Banana	12 / 150 g	4.71	51.53				15%	4.00	43.80
	CKO		SWE051	Sweet Apple	12 / 150 g	4.71	51.53				15%	4.00	43.80
	CKO		SWE052	Pumpkin Spice	12 / 150 g	4.71	51.53				15%	4.00	43.80
<b>TASTE OF NATURE</b>													
<i>Canadian 100% certified organic exotics bars are vegan, wheat-free, non-GMO and Kosher. Made without artificial flavours, artificial sweeteners or preservatives. For more information visit <a href="http://www.tasteofnature.ca">www.tasteofnature.ca</a></i>													
<b>• Bars, Family 5-Pack</b>													
<b><u>Gluten-free Organic Food Bars, Family 5-Packs</u></b>													
	H	CDGfKO	TAN008	Quebec Cranberry Carnival, 5 ct	6 / 160 g	5.05	26.59				20%	4.04	21.27
	H	CDGfKO	TAN009	Brazilian Nut Fiesta, 5 ct	6 / 160 g	5.05	26.59				20%	4.04	21.27
<b><u>Organic Food Bars, Family 5-Packs</u></b>													
	H	CDKO	TAN007	Niagara Apple Country, 5 ct	6 / 160 g	5.05	26.59				20%	4.04	21.27
<b>• Bars, 16 ct Box</b>													
<b><u>Local Food Bar, 16 ct Box - Full Cases Only</u></b>													
	H	CDK	TAN006	Go Ontario Bar	16 / 40 g		23.56						

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

**Organic Food Bars, 16 ct Box - Full Cases Only**

H	CDKO	TAN025	Mediterranean Pistachio Passion™	16 / 40 g		23.56							
H	CDKO	TAN022	Caribbean Ginger Island	16 / 40 g		23.56							
H	CDKO	TAN024	Canadian Maple Forest	16 / 40 g		23.56							
H	CDKO	TAN003	Niagara Apple Country	16 / 40 g		23.56							

**Gluten-free Organic Food Bars, 16 ct Box - Full Cases Only**

H	CDGFKO	TAN001	Brazilian Nut Fiesta	16 / 40 g		23.56							
H	CDGFKO	TAN002	California Almond Valley	16 / 40 g		23.56							
H	CDGFKO	TAN004	Quebec Cranberry Carnival	16 / 40 g		23.56							
H	CDGFKO	TAN005	Argentina Peanut Plains	16 / 40 g		23.56							
H	CDGFKO	TAN020	Nova Scotia Blueberry Fields	16 / 40 g		23.56							
H	CDGFKO	TAN021	Himalayan Goji Summit	16 / 40 g		23.56							
H	CDGFKO	TAN023	Persian Pomegranate Garden	16 / 40 g		23.56							

### TERRA CHIPS

*Terra has always had a tradition of creating chef-inspired masterful combinations of unique vegetables with a variety of fabulous flavors.*

*For more information visit [www.terrachips.com](http://www.terrachips.com)*

**Single Serve Exotic Vegetable Chips - Full or Half Cases Only**

H		TRR045	Small Original Exotic Veg Chips	24 / 28 g	1.06	23.02							
---	--	--------	---------------------------------	-----------	------	-------	--	--	--	--	--	--	--

**Exotic Vegetable Chips and Stix - Full or Half Cases Only**

H		TRR165	Blue Potato Chips	12 / 170 g	5.64	61.61		15%	4.79	52.37			
H		TRR041	Mediterranean Exotic Veg Chips	12 / 170 g	5.64	61.61		15%	4.79	52.37			
H		TRR040	Original Exotic Veg Chips	12 / 170 g	5.64	61.61		15%	4.79	52.37			
H		TRR050	Plain Sweet Potato Chips	12 / 170 g	5.64	61.61		15%	4.79	52.37			
H		TRR053	Stripes and Blues	12 / 170 g	5.64	61.61		15%	4.79	52.37			
H		TRR052	Sweets and Beets Chips	12 / 170 g	5.64	61.61		15%	4.79	52.37			
H		TRR043	Terra Stix	12 / 226 g	5.64	61.61		15%	4.79	52.37			
H		TRR042	Zesty Tomato Exotic Veg Chips	12 / 226 g	5.64	61.61		15%	4.79	52.37			

### THAI KITCHEN

*Carefully selected ingredients for the complex and distinct taste of Thai cuisine. For more information visit [www.thaikitchen.com](http://www.thaikitchen.com)*

**Rice Noodle Bowls - Full Sleeve Only**

		THA205	Hot & Sour	1 / 6x68 g		8.99							
		THA203	Lemongrass & Chili (contains shrimp)	1 / 6x68 g		8.99							
		THA202	Mushroom Medley	1 / 6x68 g		8.99							
		THA201	Roasted Garlic	1 / 6x68 g		8.99							
		THA200	Spring Onion	1 / 6x68 g		8.99							
		THA204	Thai Ginger	1 / 6x68 g		8.99							

**Instant Rice Noodles - Full Sleeve Only**

		THA036	Bangkok Curry	1 / 12x45 g		8.99							
		THA035	Garlic & Vegetable	1 / 12x45 g		8.99							
		THA034	Lemongrass & Chili (contains shrimp)	1 / 12x45 g		8.99							
		THA038	Spring Onion	1 / 12x45 g		8.99							
		THA037	Thai Ginger	1 / 12x45 g		8.99							

**Take Out Box**

		THA060	Original Pad Thai	6 / 168 g	3.61	19.71							
		THA061	Garlic and Roasted Pepper	6 / 168 g	3.61	19.71							
		THA062	Tangy Sweet and Sour	6 / 168 g	3.61	19.71							
		THA063	Thai Peanut	6 / 168 g	3.61	19.71							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b><u>Noodle Carts</u></b>													
		THA223	Toasted Sesame	12 / 64 g	2.03	22.08							
		THA220	Pad Thai	12 / 64 g	2.03	22.08							
		THA221	Roasted Garlic	12 / 64 g	2.03	22.08							
		THA222	Thai Peanut	12 / 64 g	2.03	22.08							
<b><u>Jasmine Rice Mixes</u></b>													
		THA305	Green Chili & Garlic	12 / 226 g	2.18	23.81							
		THA301	Lemongrass & Ginger	12 / 198 g	2.18	23.81							
		THA302	Roasted Garlic & Chili	12 / 198 g	2.18	23.81							
		THA303	Spicy Thai Chili	12 / 198 g	2.23	24.35							
		THA306	Sweet Chili & Onion	12 / 226 g	2.23	24.35							
		THA304	Thai Yellow Curry	12 / 198 g	2.23	24.35							
<b><u>Stir-Fry Rice Noodles &amp; Sauce</u></b>													
		THA044	Curry (contains fish)	12 / 207 g	2.69	29.32							
		THA023	Original Pad Thai (contains fish)	12 / 170 g	3.05	33.32							
		THA043	Thai Peanut	12 / 155 g	3.05	33.32							
		THA045	Toasted Sesame	12 / 159 g	2.69	29.32							
<b><u>Sauces</u></b>													
		THA006	Fish Sauce	12 / 200 ml	2.94	32.12							
		THA007	Original Pad Thai (contains fish)	12 / 200 ml	4.24	46.29							
		THA012	Peanut Satay, Original Recipe	12 / 227 g	4.14	45.20							
		THA008	Plum Spring Roll, Light	12 / 200 ml	2.94	32.12							
		THA009	Sweet Red Chili Dipping	12 / 200 ml	2.94	32.12							
		THA005	Spicy Thai Chili	12 / 200 ml	2.94	32.12							
<b><u>Seasoning Pastes</u></b>													
		THA017	Roasted Red Chili (contains fish)	12 / 112 g	2.90	31.68							
		THA014	Green Curry	12 / 112 g	2.72	29.69							
		THA013	Red Curry	12 / 112 g	2.72	29.69							
		THA015	Yellow Curry	12 / 112 g	2.72	29.69							
<b><u>10-Minute Simmer Sauces (w/anchovy)</u></b>													
		THA080	Green Curry	12 / 327 ml	3.14	17.14							
		THA081	Red Curry	12 / 327 ml	3.14	17.14							
		THA082	Yellow Curry	12 / 327 ml	3.14	17.14							
		THA083	Panang Curry	12 / 327 ml	3.14	17.14							
<b><u>Rice Noodles</u></b>													
		THA070	Thin	12 / 250 g	2.35	25.57							
		THA030	Stir Fry	12 / 198 g	2.35	25.57							
<b><u>Coconut Milk</u></b>													
		THA055	Coconut Milk - 1/2 size can	24 / 160 ml	1.17	25.44							
		THA001	Coconut Milk	12 / 400 ml	2.19	23.83							
		THA002	Coconut Milk - Lite	12 / 400 ml	2.19	23.83							
	o	THA050	Organic Coconut Milk	12 / 400 ml	2.40	26.15							
	o	THA052	Organic Coconut Milk - Lite	12 / 400 ml	2.40	26.15							
<b>THEOBROMA CHOCOLAT</b>													
<i>Organic, Canadian made, gluten-free chocolate bars with chunks of real fruit &amp; coconut.</i>													
<i>Hot-line: 1-866-980-4250 For more information visit <a href="http://www.theobromachocolat.com">www.theobromachocolat.com</a></i>													
<b>• Mini-Bars 10 g - New</b>													
<b>Eco-Organic Mini-bars - Gluten-free, Dark Chocolate Bars, 60-72% Cocoa</b>													
H	CGFKO	<b>TOB023</b>	<b>3 Flavour 12 ct Box - New</b>	10 / 120 g	7.20	69.86							
<i>Contains 4 each: dark plain, orange &amp; raspberry</i>													

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax FIR	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Seasonally Available - Maple Butter Eco-Organic Mini-bars - Gluten-free, Dark Chocolate Bars, 60% Cocoa</b>													
H	CGIKO	TOB025	Maple 12 ct Box - New	10 / 120 g	8.64	83.74							
H	CGIKO	TOB024	Maple 10 ct Canister - New	10 / 155 g	8.64	83.74							
<b>• Long-Bar Collection Boxes</b>													
<b>Fair-trade Eco-Organic Collection Box - Full Cases Only</b>													
H	CGIKOTW	TOB022	FT Organic 3 bar Collection	1 / 8 ct		62.69					15%		53.29
<i>Each Collection Box contains 1 each: almond apple cinnamon, almond coconut, almond cranberry</i>													
<b>Eco-Organic Collection Box</b>													
H	CGIKO	TOB020	Organic Collection 5 bar Collection	8 / 155 g	10.73	83.23					15%	9.12	70.75
<i>Contains 1 each: dark 72%, coconut, raspberry, coffee, banana</i>													
<b>• Long-Bars</b>													
<b>Seasonally Available - Maple Eco-Organic - Gluten-free, Dark Chocolate Bars, 60% Cocoa - Full Cases Only</b>													
H	CGIKO	TOB013	Maple Butter 60% - Seasonal	12 / 35 g		28.66							
<b>Eco-Organic - Gluten-free, Dark Chocolate Bars, 60-72% Cocoa - Full Cases Only</b>													
H	CGIKO	TOB009	Cranberry Chunks - New	12 / 35 g		21.50					15%		18.28
H	CGIKO	TOB015	Orange Chunk 60%	12 / 35 g		21.50					15%		18.28
H	CGIKO	TOB001	Dark Plain 72%	12 / 35 g		21.50					15%		18.28
H	CGIKO	TOB010	Banana Chunk 60%	12 / 35 g		21.50					15%		18.28
H	CGIKO	TOB011	Coconut Chunk 60%	12 / 35 g		21.50					15%		18.28
H	CGIKO	TOB012	Coffee Espresso Chunk 60%	12 / 35 g		21.50					15%		18.28
H	CGIKO	TOB014	Raspberry Chunk 60%	12 / 35 g		21.50					15%		18.28
<b>Fair-trade Eco-Organic - Gluten-free, Dark Chocolate Bars, 75-80% Cocoa - Full Cases Only</b>													
H	CGIKOT	TOB002	Almonds Apple Cinnamon 75%	12 / 35 g		26.51					15%		22.53
H	CGIKOT	TOB003	Almonds Coconut 75%	12 / 35 g		26.51					15%		22.53
H	CGIKOT	TOB004	Almonds & Cranberry 75%	12 / 35 g		26.51					15%		22.53
H	CGIKOT	TOB005	Pure Dark 80%	12 / 35 g		26.51					15%		22.53

## THOMAS' UTOPIA

*Utopia is more than a brand of tomato products. Producers of a full range of organic tomato products in Canada.*

*The company is now pioneering the growth of Ontario processed tomato products to the organic sector. For more information, visit [www.thomascanning.com](http://www.thomascanning.com)*

### Tomato Ketchup, Organic

CO UTP071 Tomato Ketchup 6 / 375 ml 3.67 20.03

### Tomato Paste, Canned, Organic

CO UTP070 Tomato Paste 24 / 156 ml 1.08 23.39

### Tomatoes 796 ml & Tomato Juice, Canned, Organic

NS CO UTP101 Tomato Juice 12 / 1.36 L 3.57 38.94  
 CO UTP052 Diced Tomatoes 12 / 796 ml 2.62 28.55  
 CO UTP010 Whole Tomatoes 12 / 796 ml 2.74 29.93  
 CO UTP011 Crushed Tomatoes 12 / 796 ml 2.93 32.00

### Tomatoes 398 ml, Canned, Organic

CO UTP020 Crushed Tomatoes, with Basil 12 / 398 ml 1.95 21.22  
 CO UTP051 Diced Tomatoes 12 / 398 ml 1.95 21.22  
 CO UTP050 Diced Tomatoes, No Salt 12 / 398 ml 1.95 21.22  
 CO UTP030 Pasta Sauce 12 / 398 ml 1.95 21.22

### Tomatoes, Canned, Organic - BULK

CO UTP005 Crushed Tomatoes 6 / 2.84 L 8.95 48.86  
 CO UTP006 Diced Tomatoes 6 / 2.84 L 8.95 48.86  
 CO UTP003 Whole Tomatoes 6 / 2.84 L 8.95 48.86

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.  
Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable   **C**=Canadian company   **ct**=count   **D**=dairy free   **F**=frozen   **G**=GST   **Gf**=gluten free   **H**=HST (harmonized sales tax)  
**K**=kosher   **NS**=Nova Scotia deposit fee   **O**=certified organic   **R**=refrigerated   **T**=fairly traded   **W**=wheat free

Tax FIR	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
------------	-----	------	-------------	------	-------	------	--	-------------	----------------	----------------	-------------	----------------	----------------

## TINKYADA

*Tinkyada Rice Pasta - No wheat, gluten, egg, corn, dairy, casein, meat, soy or nuts. Amazing texture and taste. Kosher certified. Organic items are certified by OCIA. For more information visit [www.tinkyada.com](http://www.tinkyada.com)*

### Brown Rice Pasta, Organic

CGfKOW	TNK030	Elbows	12 / 340 g	3.19	34.84								
CGfKOW	TNK015	Penne	12 / 340 g	3.19	34.84								
CGfKOW	TNK013	Spaghetti	12 / 340 g	3.19	34.84								
CGfKOW	TNK014	Spirals	12 / 340 g	3.19	34.84								
CGfKOW	TNK100	Lasagne	12 / 280 g	3.42	37.32								

### Brown Rice Pasta

CGfKW	TNK032	Grand Shell	12 / 227 g	2.59	28.21								
CGfKW	TNK007	Elbow	12 / 454 g	2.84	31.00								
CGfKW	TNK008	Fettuccini	12 / 397 g	2.84	31.00								
CGfKW	TNK006	Fusilli	12 / 454 g	2.84	31.00								
CGfKW	TNK031	Little Dreams (Fun Shapes)	12 / 397 g	2.84	31.00								
CGfKW	TNK004	Penne	12 / 454 g	2.84	31.00								
CGfKW	TNK005	Shells	12 / 454 g	2.84	31.00								
CGfKW	TNK002	Spaghetti	12 / 454 g	2.84	31.00								
CGfKW	TNK003	Spirals	12 / 454 g	2.84	31.00								
CGfKW	TNK019	Lasagne	12 / 280 g	3.19	34.84								
CGfKW	TNK009	Spinach Spaghetti	12 / 340 g	3.19	34.84								
CGfKW	TNK010	Vegetable Spirals	12 / 340 g	3.19	34.84								

### White Rice Pasta

CGfKW	TNK001	Spaghetti	12 / 454 g	2.84	31.00								
-------	--------	-----------	------------	------	-------	--	--	--	--	--	--	--	--

### Brown Rice Pasta - BULK

CGfKW	TNK024	Elbows	1 / 4.5 kg	22.27									
CGfKW	TNK026	Penne	1 / 4.5 kg	22.27									
CGfKW	TNK023	Shells	1 / 4.5 kg	22.27									
CGfKW	TNK021	Spaghetti	1 / 4.5 kg	22.27									
CGfKW	TNK025	Spirals	1 / 4.5 kg	22.27									
CGfKW	TNK022	Fettuccine	1 / 4.5 kg	25.47									
CGfKW	TNK011	Spinach Spaghetti	1 / 4.5 kg	33.35									
CGfKW	TNK012	Vegetable Spirals	1 / 4.5 kg	33.35									
CGfKW	TNK020	Lasagne	1 / 4.5 kg	34.50									

### Brown Rice Pasta, Organic - BULK

CGfKOW	TNK033	Elbows	1 / 4.5 kg	33.35									
CGfKOW	TNK018	Penne	1 / 4.5 kg	33.35									
CGfKOW	TNK016	Spaghetti	1 / 4.5 kg	33.35									
CGfKOW	TNK017	Spirals	1 / 4.5 kg	33.35									
CGfKOW	TNK034	Lasagne	1 / 4.5 kg	36.72									

## TONICA - Not Available in Nova Scotia

*Made in Toronto, this flavourful sparkling Kombucha is pleasing to the palate for those new to kombucha and veteran kombucha fans.*

*Raw, certified organic, rich in live enzymes, healthy bacteria, and liver cleansing acids. For more information, visit [www.tonicakombucha.com](http://www.tonicakombucha.com)*

### Kombucha Pro-biotic, Sparkling Organic Beverage - Full Cases Only

H	R	CO	TNC001	Original Tea	12	355 ml							
H	R	CO	TNC002	Ginger Rapture	12	355 ml							
H	R	CO	TNC003	Green Tea Revival	12	355 ml							
H	R	CO	TNC004	Mango Passion	12	355 ml							
H	R	CO	TNC005	Peach Resolution	12	355 ml							
H	R	CO	TNC006	Vibrant Blueberry	12	355 ml							

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### TRADITIONAL MEDICINALS

*Formulated according to Traditional Herbal Medicine (THM). For more information visit [www.traditionalmedicinals.com](http://www.traditionalmedicinals.com)*

#### Cold & Flu

K		TEA310	Cold Season Sampler	6 / 20 ct	4.62	26.87		15%	3.93	22.84			
K		TEA021	Breathe Easy	6 / 20 ct	4.92	26.87		15%	4.18	22.84			
K		TEA025	Cold Formula	6 / 20 ct	4.92	26.87		15%	4.18	22.84			
O		TEA133	Organic Echinacea Elder	6 / 20 ct	4.92	26.87		15%	4.18	22.84			
KO		TEA020	Organic Echinacea Plus	6 / 20 ct	4.92	26.87		15%	4.18	22.84			
KO		TEA029	Lemon Echinacea Throat Coat	6 / 20 ct	4.92	26.87		15%	4.18	22.84			
KO		TEA028	Throat Coat (was Throat Formula)	6 / 20 ct	4.92	26.87		15%	4.18	22.84			

#### Green & Herbal Tea, Organic

KO		TEA013	Dandelion Root, Roasted	6 / 20 ct	4.92	26.87					15%	4.18	22.84
KO		TEA012	Ginger	6 / 20 ct	4.92	26.87					15%	4.18	22.84
KO		TEA018	Ginger Aid	6 / 20 ct	4.92	26.87							
KO		TEA132	Golden Ginger	6 / 20 ct	4.92	26.87							
KO		TEA311	Heartburn Soother	6 / 20 ct	4.62	26.87							
KO		TEA312	Lemon Everyday Detox	6 / 20 ct	4.62	26.87							
KO		TEA134	Lemon Yerba Maté	6 / 20 ct	4.92	26.87							
KO		TEA010	Licorice Root	6 / 20 ct	4.92	26.87					15%	4.18	22.84
KO		TEA011	Nettle Leaf	6 / 20 ct	4.92	26.87					15%	4.18	22.84
KO		TEA036	Peppermint	6 / 20 ct	4.10	22.39							
CKO		TEA042	Prostate Tea w/ Nettle Root	6 / 20 ct	4.92	26.87							
KO		TEA031	Raspberry Leaf	6 / 20 ct	4.92	26.87							
O		TEA023	Smooth Move (Herbal Laxative)	6 / 20 ct	4.92	26.87							

#### Green & Herbal Tea, Organic, Fair Trade

KOT		TEA322	Hojicha (Roasted Green)	6 / 20 ct	4.92	26.87							
KOT		TEA324	Bancha	6 / 20 ct	4.92	26.87							
CKOT		TEA041	Heart Tea w/ Hawthorn	6 / 20 ct	4.92	26.87							
KOT		TEA019	Golden Green	6 / 20 ct	4.10	22.39							
KOT		TEA323	Green with Ginger	6 / 20 ct	4.92	26.87							
KOT		TEA009	Chamomile with Lavender	6 / 20 ct	4.92	26.87							
KOT		TEA035	Classic Chamomile	6 / 20 ct	4.10	22.39							
KOT		TEA027	Nighty Night	6 / 20 ct	4.92	26.87							
KOT		TEA016	Spearmint	6 / 20 ct	4.92	26.87							
KOT		TEA037	Easy Now	6 / 20 ct	4.92	26.87							

#### Herbal Tea

K		TEA040	Cran-Aid	6 / 20 ct	4.92	26.87							
K		TEA022	Eater's Digest	6 / 20 ct	4.92	26.87							
K		TEA026	Weightless (was Herbal Diuretic)	6 / 20 ct	4.92	26.87							
		TEA024	PMS Tea	6 / 20 ct	4.92	26.87							

### TRADITION MISO

*Unpasteurized and certified organic, contains no sugar, preservatives or filler. Unlike the commercial product, Tradition Miso is made the old way, aged up to three and four full years. Keep Refrigerated. Barley and Brown Rice Now 3 Years Old. For more information, visit [www.traditionmiso.com](http://www.traditionmiso.com)*

#### Organic Miso - in Glass Jars

R	CO	TRA001	Barley - 3 Year	12 / 450 g	9.02	98.51							
R	CO	TRA002	Brown Rice - 3 Year	12 / 450 g	9.02	98.51							
R	CO	TRA003	Brown Rice, Mellow	12 / 450 g	9.02	98.51							

*Sweeter in taste and lighter in colour. High proportion of cultured rice, low salt content, great for dressings and as a marinade*

#### Organic Miso - in Pails - BULK

R	CO	TRA302	Brown Rice, Mellow	1 / 4.54 kg	66.50								
R	CO	TRA300	Barley - 3 Year	1 / 4.54 kg	66.50								
R	CO	TRA301	Brown Rice - 3 Year	1 / 4.54 kg	66.50								

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

### TREEHUGGER ORGANIC

*100% organic orange juice, certified organic mate teas and fruit beverages, prepared and bottled in Canada.*

*For more information visit [www.treehuggerorganics.com](http://www.treehuggerorganics.com)*

#### • Fresh - 1.89L Gabletop Cartons

##### Organic Orange Juice

NS	R	KO	TRE001	Orange Juice	8 / 1.89 L	5.62	39.56						
NS	R	KO	TRE002	Orange Juice, with Calcium	8 / 1.89 L	5.62	39.56						

##### Organic 100% Fruit Beverages

NS	R	CO	TRE005	Orange, Mango & Raspberry	8 / 1.89 L	5.62	39.56						
NS	R	KO	TRE004	Blueberry, Lime, Pomegranate	8 / 1.89 L	5.62	39.56						

##### Organic Beverages, sugar sweetened - Seasonally Available

NS	R	KO	TRE003	Lime Lemonade	8 / 1.89 L	4.56	32.09						
----	---	----	--------	---------------	------------	------	-------	--	--	--	--	--	--

#### • Shelf Stable - Single Serve Glass - Full Cases Only

##### Organic 100% Fruit Beverages

NS		CO	TRE013	Orange, Mango & Raspberry	12 / 355 ml		25.08						
NS		KO	TRE012	Blueberry, Lime, Pomegranate	12 / 355 ml		25.08						

##### Organic Beverages, sugar sweetened

NS		KO	TRE011	Lime Lemonade	12 / 355 ml		25.08						
----	--	----	--------	---------------	-------------	--	-------	--	--	--	--	--	--

##### Organic Orange Juice

NS		KO	TRE010	Orange Juice, pulp-free	12 / 355 ml		25.08						
----	--	----	--------	-------------------------	-------------	--	-------	--	--	--	--	--	--

##### Rio Máté Organic Herbal Iced Tea, sugar sweetened

*Authentic Brazilian-style iced tea brewed from certified organic toasted Yerba Maté and bottled in Canada. For more information visit [www.riomate.com](http://www.riomate.com)*

H,NS		CKO	RIO001	Rio Mate Classico	12 / 473 ml		23.14						
H,NS		CKO	RIO002	Rio Mate Lemon	12 / 473 ml		23.14						
H,NS		CKO	RIO003	Rio Mate Unsweetened, plain	12 / 473 ml		23.14						

### TURTLE ISLAND FOODS

*Premium quality soy products made from traditional soy foods like Tofu and Tempeh, not solvent extracted soy powders, isolates and concentrates. For more information visit [www.tofurky.com](http://www.tofurky.com)*

#### • Frozen

##### GMO-Free Vegetarian Tofurky Feast, Roast and Gravy

F		K	TUR011	Vegetarian Feast for 6 <i>1 Roast, Organic Chocolate Cake, Herbed Brown &amp; Wild Rice Stuffing, 2 Wishstix, "Giblet" Gravy</i>	6 / 1.59 kg	26.13	138.33						
F		K	TUR010	Tofurky Roast, only	6 / 737 g	13.17	69.11						
F		DK	TUR005	Tofurky Mushroom "Giblet" Gravy	8 / 414 ml	5.01	35.04						

##### Tofurky Vegetarian Pizza

F		DK	TUR030	Vegan Cheese	8 / 339 g	7.62	57.27				20%	6.10	45.82
F		K	TUR031	Pepperoni	8 / 385 g	7.62	57.27				20%	6.10	45.82
F		K	TUR032	Italian Sausage Rst Veggie	8 / 399 g	7.62	57.27				20%	6.10	45.82

#### • Refrigerated

##### Tofurky Vegetarian Gourmet Deli Slices

R		K	TUR104	Peppered	12 / 156 g	2.90	32.65				20%	2.32	26.12
R		K	TUR101	Hickory	12 / 156 g	2.90	32.65				20%	2.32	26.12
R		K	TUR102	Italian	12 / 156 g	2.90	32.65				20%	2.32	26.12
R		K	TUR103	Oven Roasted	12 / 156 g	2.90	32.65				20%	2.32	26.12

##### Tofurky Vegetarian Franks and Links

R		DK	TUR250	Breakfast Links	8 / 227 g	3.24	24.32						
R		D	TUR252	Franks	8 / 227 g	3.24	24.32						

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Marinated Tempeh</b>													
R DK		TUR020	Coconut Curry	10 / 198 g	3.54	33.28					20%	2.83	26.62
R DK		TUR021	Sesame Garlic	10 / 198 g	3.54	33.28					20%	2.83	26.62
R DK		TUR022	Meatless Bacon, Smoky Maple	10 / 198 g	3.54	33.28					20%	2.83	26.62
<b>Tofurky Vegetarian Gourmet Sausages</b>													
R K		TUR200	Beer Brats	12 / 396 g	3.97	44.71					20%	3.18	35.77
R K		TUR201	Kielbasa	12 / 396 g	3.97	44.71					20%	3.18	35.77
R K		TUR202	Sweet Italian Sausages	12 / 396 g	3.97	44.71					20%	3.18	35.77

### VAN'S FROZEN WAFFLES

Leading the way for years with our wheat free, organic and all-natural breakfasts. For more information visit [www.vansfoods.com](http://www.vansfoods.com)

#### January Line Drive - Full Case Deal

##### Waffles

F K		VAN103	Lite Original	12 / 227 g	3.79	39.78		20%		31.82	20%	3.03	31.82
F K		VAN104	8 Whole Grains	12 / 227 g	3.79	39.78		20%		31.82	20%	3.03	31.82
<b>Wheat, Dairy, Egg, Gluten, Yeast Free Waffles</b>													
F DGIK		VAN200	Original	12 / 269 g	3.79	39.78		20%		31.82			
F DGIK		VAN201	Apple Cinnamon	12 / 269 g	3.79	39.78		20%		31.82			
F DGIK		VAN202	Blueberry	12 / 269 g	3.79	39.78		20%		31.82			

### VITA COCO

Natural coconut water hydrates and renews at a rate superior to artificial sports drinks, with more electrolytes and 15x more potassium.

For more information visit [www.vitacoco.com](http://www.vitacoco.com)

#### UHT - Pure & Flavoured Coconut Water, Sports Drink - Full Cases Only

NS K		VCC020	Pure Coconut Water	12 / 1 L		55.08							
NS K		VCC002	Pure Coconut Water	12 / 330 ml		20.66							
NS K		VCC013	With Acai Pomegranate	12 / 330 ml		20.66							
NS K		VCC012	With Pineapple	12 / 330 ml		20.66							

### WHITE WAVE - SILK

Dairy alternatives made with organic and natural non-GMO soybeans sourced responsibly from North America.

For more information visit [www.drinksilk.ca](http://www.drinksilk.ca) and [www.whitewave.com](http://www.whitewave.com)

#### • UHT - Full Cases Only

##### Soy Beverage UHT - made with natural, non-GMO, whole soybeans sourced responsibly from North America

DK		WHI022	Chocolate	12 / 946 ml		28.30		15%		24.06	15%		24.06
DK		WHI023	Unsweetened	12 / 946 ml		28.30		15%		24.06	15%		24.06
DK		WHI020	Original (Plain)	12 / 946 ml		28.30		15%		24.06	15%		24.06
DK		WHI021	Vanilla, fortified	12 / 946 ml		28.30		15%		24.06	15%		24.06

#### • Fresh Beverages - in Gabletop Cartons

##### Fresh True Almond Beverage - 1.89L

R GIKW		WHI018	Vanilla	6 / 1.89L	4.86	26.51		15%	4.13	22.53	15%	4.13	22.53
R DK		WHI016	Unsweetened	6 / 1.89 L	4.86	26.51		15%	4.13	22.53	15%	4.13	22.53
R K		WHI015	Dark Chocolate	6 / 1.89 L	4.86	26.51		15%	4.13	22.53	15%	4.13	22.53
R DK		WHI013	Original	6 / 1.89 L	4.86	26.51		15%	4.13	22.53	15%	4.13	22.53

##### Fresh Organic Soy Beverages - 1.89L

R DKO		WHI007	Original, Organic	6 / 1.89 L	4.86	26.51		15%	4.13	22.53	15%	4.13	22.53
R DKO		WHI005	Vanilla, Organic	6 / 1.89 L	4.86	26.51		15%	4.13	22.53	15%	4.13	22.53
R DKO		WHI011	Unsweetened, Organic	6 / 1.89 L	4.86	26.51		15%	4.13	22.53	15%	4.13	22.53

##### Fresh Soy Beverages - 1.89L - made with whole organic soybeans

R DK		WHI006	Chocolate	6 / 1.89 L	4.86	26.51		15%	4.13	22.53	15%	4.13	22.53
------	--	--------	-----------	------------	------	-------	--	-----	------	-------	-----	------	-------

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax FIR	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Fresh Soy Beverages - 1.89L - made with natural, non-GMO, soybean flour sourced responsibly from North America</b>													
R	DK	WHI014	Vanilla Light	6 / 1.89 L	4.86	26.51		15%	4.13	22.53	15%	4.13	22.53
R	DK	WHI008	Plain Light	6 / 1.89 L	4.86	26.51		15%	4.13	22.53	15%	4.13	22.53
<b>Fresh Soy Creamer - made with whole organic soybeans</b>													
R	DK	WHI012	Creamer, French Vanilla	12 / 473 ml	2.07	22.57							
R	DK	WHI010	Creamer, Original	12 / 473 ml	2.07	22.57							
<b>WHOLESOME SWEETENERS</b>													
<i>Fair trade certified, organic and natural sugars, agave, and honey. <a href="http://www.wholesomesweeteners.com">www.wholesomesweeteners.com</a></i>													
<b>Flavoured Blue Agave Syrup, Organic</b>													
KO		WHL215	Cinnamon, raw	6 / 240 ml	5.63	29.48		20%	4.50	23.58			
KO		WHL216	Maple, raw	6 / 240 ml	5.63	29.48		20%	4.50	23.58			
KO		WHL217	Strawberry, raw	6 / 240 ml	5.63	29.48		20%	4.50	23.58			
KO		WHL218	Vanilla	6 / 240 ml	5.63	29.48		20%	4.50	23.58			
<b>Blue Agave Syrup, Organic</b>													
O		WHL240	Agave	6 / 240 ml	5.17	27.04							
O		WHL250	Raw Agave	6 / 240 ml	5.17	27.04							
O		WHL241	Agave	6 / 480 ml	7.34	38.44							
O		WHL251	Raw Agave	6 / 480 ml	7.34	38.44							
<b>Corn Syrup, Organic</b>													
KO		WHL253	Light Corn Syrup	6 / 230 ml	5.72	29.96							
<b>Blackstrap Molasses, Fair Trade, Organic</b>													
KOT		MOL101	Blackstrap Molasses	12 / 472 ml	5.84	61.13							
KOT		MOL002	Blackstrap Molasses	12 / 944 ml	8.35	87.40							
<b>Demerara (Turbinado) Sugar, Organic, Raw</b>													
KO		WHL100	Demerara (Turbinado), Raw, Brazil	12 / 681 g	5.41	56.66							
<b>Cane Sugar, Fair Trade</b>													
KT		WHL153	Natural Cane Sugar	12 / 681 g	4.41	46.11							
KT		WHL152	Raw Cane Sugar	12 / 681 g	5.24	54.90							
<b>Sugar, Fair Trade, Organic</b>													
KOT		WHL150	Light Brown	6 / 681 g	5.75	30.12							
KOT		WHL151	Dark Brown	6 / 681 g	5.75	30.12							
KOT		WHL020	Icing Sugar (Powdered)	6 / 454 g	5.07	26.55							
KOT		SUG102	Sucanat	12 / 454 g	4.98	52.09							
KOT		SUG003	Sucanat	12 / 907 g	8.07	84.48							
KOT		SUG108	Sugar (evaporated cane juice)	12 / 454 g	4.12	43.11							
KOT		SUG007	Sugar (evaporated cane juice)	12 / 907 g	6.65	69.64							
<b>Agave Syrup, Organic - BULK</b>													
O		WHL242	Blue Agave (1.25 kg / 44 oz) - BULK	6 / 900 ml	11.71	61.29							
O		WHL252	Raw Blue Agave - BULK	6 / 900 ml	11.71	61.29							
<b>Blackstrap Molasses, Organic - BULK</b>													
KO		MOL020	Blackstrap Molasses, 5 gallons	1 / 18.93 L	130.05								
<b>Sugar, Fair Trade - BULK</b>													
T		SUG011	Demerara (Turbinado), Raw, Malawi	1 / 11.34 kg	40.81								
<b>Sugar, Organic - BULK</b>													
KOT		SUG012	Sucanat, Fair Trade	1 / 11.64 kg	64.46								
KO		SUG009	Sucanat	1 / 22.68 kg	131.36								
KO		SUG010	Sugar (evaporated cane juice)	1 / 22.68 kg	91.70								

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.  
Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

## THE WIZARD'S SAUCES

*Organic, gluten-free, Vegan sauces. For more information visit [www.edwardandsons.com/sauces\\_shop\\_wizards.html](http://www.edwardandsons.com/sauces_shop_wizards.html)*

### Wheat-free Condiment Sauces

ow	WIZ001	Hot Stuff	12 / 148 ml	4.28	44.96								
ow	WIZ002	Vegan Worcestershire	12 / 250 g	4.93	51.87								

## WOOLWICH DAIRY, Goat Milk Cheese

*Established in 1983, Woolwich Dairy Inc. prides itself on its rich tradition of creating only the finest award-winning goat cheese.*

*For more information visit [www.woolwichdairy.com](http://www.woolwichdairy.com)*

### Brie Goat Cheese, rennet-free

R	C	WLW060 Brie	9 / 180 g	6.76	55.39								
R	C	WLW012 Brie	9 / 165 g	3.95	32.36								

### Chevrai Mini Logs - Soft Spreadable Cheese

R	CK	WLW001 Fine Herb	8 / 113 g	2.86	20.78								
R	CK	WLW002 Bruschetta	8 / 113 g	2.86	20.78								
R	CK	WLW004 Roasted Garlic	8 / 113 g	2.86	20.78								
R	CK	WLW003 Peppercorn	8 / 113 g	2.86	20.78								
R	C	CHE200 Plain - Mini Log	8 / 130 g	3.39	24.69								

### Chevrai Logs - Soft Spreadable Cheese

R	C	CHE225 Plain	12 / 300 g	6.70	73.14								
R	CK	<b>WLW010 Fine Herb - New</b>	12 / 300 g	6.70	73.14								
R	CK	<b>WLW011 Bruschetta - New</b>	12 / 300 g	6.70	73.14								

### Chevrai Goat Cheese Crumbles

R	CK	WLW005 Plain	8 / 113 g	2.95	21.44								
R	C	WLW006 Roasted Garlic & Herb	8 / 113 g	2.95	21.44								

### Mozzarella & Cheddar, rennet-free

R	C	CHE207 Mozzarella	5 / 190 g	5.99	27.23								
R	C	CHE208 White Cheddar	5 / 190 g	6.60	30.05								

### Madame Chevre - Feta, rennet-free

R	C	CHE209 Feta, Plain	5 / 200 g	4.67	21.26								
R	C	CHE230 Crumbled Feta (in a tub), Plain	8 / 113 g	3.15	22.90								

### Compass Goat Cheese - Goat cheese with international flavours

R	C	WLW008 Mexico	8 / 180 g	5.82	42.38								
R	C	WLW009 Tuscany	8 / 180 g	5.82	42.38								
R	C	WLW007 Portugal	8 / 180 g	5.82	42.38								

## WORLD CENTRIC

*World Centric's products are made from annually renewable resources like bagasse and wheat-straw fiber, discarded by-products of the agriculture industry. A sustainable alternative to plastics and Styrofoam. For more information visit [www.worldcentric.org](http://www.worldcentric.org)*

### Paper Hot Cups, PLA Lined, Compostable

H	B	WCE007 12 oz (355 ml) Hot Cups	12 / 20 ct	5.31	55.58								
---	---	--------------------------------	------------	------	-------	--	--	--	--	--	--	--	--

### Clear PLA (Cornstarch) Cold Cups, Compostable

H	B	WCE008 16 oz (474 ml) Cold Cups	12 / 20 ct	5.97	62.54								
---	---	---------------------------------	------------	------	-------	--	--	--	--	--	--	--	--

### Wheat Straw Plates and Bowls, Compostable (gluten-free certificate available)

H	B	WCE001 Wheat-Straw Plate 9"	12 / 20 ct	4.58	47.95						20%	3.66	38.36
H	B	WCE002 Wheat-Straw Bowl 6"	12 / 20 ct	2.77	29.02						20%	2.22	23.22

### PLA (Cornstarch) Flatware, Compostable

H	B	WCE003 Assorted 8 each	12 / 24 ct	3.01	31.45						20%	2.41	25.16
H	B	WCE004 Forks	12 / 24 ct	3.00	31.38						20%	2.40	25.10
H	B	WCE005 Spoons	12 / 24 ct	2.97	31.08						20%	2.38	24.86
H	B	WCE006 Knives	12 / 24 ct	2.97	31.08						20%	2.38	24.86

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

B=biodegradable C=Canadian company ct=count D=dairy free F=frozen G=GST Gf=gluten free H=HST (harmonized sales tax)  
K=kosher NS=Nova Scotia deposit fee O=certified organic R=refrigerated T=fairly traded W=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
---------	-----	------	-------------	------	-------	------	--	----------	-------------	-------------	----------	-------------	-------------

## YOGALICIOUS

*Locally produced iced kefir gelato is a low fat, diabetic friendly, probiotic frozen dessert. C22 billion active cultures per 125 mL serving, made with organic dairy kefir and all natural xylitol. For more information visit [www.troino.com](http://www.troino.com)*

### Low Carb, Probiotic, Iced Kefir Frozen Dessert

H	F	C	YLS001	Vanilla, Full Cases Only	24 / 125 ml		47.39						
	F	C	YLS002	Vanilla	8 / 500 ml	7.71	54.27						

## YOGI TEA

*Sophisticated organic herbal tea and green tea blends*

*inspired by the ancient sciences of Ayurveda and Kundalini yoga. For more information, visit [www.yogitea.com](http://www.yogitea.com)*

### January Line Drive

#### Green Tea, Organic

KO	YGT019	Pure Green Decaf	6 / 16 ct	4.64	24.80			20%	3.71	19.84			
KO	YGT020	Pure Green	6 / 16 ct	4.64	24.80			20%	3.71	19.84			
KO	YGT015	Decaf Kombucha	6 / 16 ct	4.64	24.80			20%	3.71	19.84			
KO	YGT028	Goji Berry	6 / 16 ct	4.64	24.80			20%	3.71	19.84			
KO	YGT010	Kombucha	6 / 16 ct	4.64	24.80			20%	3.71	19.84			
KO	YGT029	Pomegranate - Disco'd	6 / 16 ct	4.64	24.80			- Disco'd					
KO	YGT017	Super Antioxidant (Special Formula) - Disco'd	6 / 16 ct	4.64	24.80			- Disco'd					
KO	YGT012	Triple Echinacea	6 / 16 ct	4.64	24.80			20%	3.71	19.84			

#### Green & Herbal Tea

K	YGT030	Citrus Slim 86% Org	6 / 16 ct	4.64	24.80			20%	3.71	19.84			
K	YGT034	Lemon Detox 71% Org.	6 / 16 ct	4.64	24.80			20%	3.71	19.84			

#### Herbal Tea, Organic

KO	YGT031	Restful Sleep	6 / 16 ct	4.64	24.80			20%	3.71	19.84			
KO	YGT032	Calming	6 / 16 ct	4.64	24.80			20%	3.71	19.84			
KO	YGT033	Honey Lemon Throat Comfort	6 / 16 ct	4.64	24.80			20%	3.71	19.84			
KO	YGT035	Soothing Mint Get Regular	6 / 16 ct	4.64	24.80			20%	3.71	19.84			
KO	YGT025	Comforting Chamomile - Disco'd	6 / 16 ct	4.64	24.80			- Disco'd					
KO	YGT006	Echinacea Special Formula	6 / 16 ct	4.64	24.80			20%	3.71	19.84			
KO	YGT007	Ginger	6 / 16 ct	4.64	24.80			20%	3.71	19.84			
KO	YGT008	Lemon Ginger	6 / 16 ct	4.64	24.80			20%	3.71	19.84			

#### Herbal Spice Tea

KO	YGT001	Egyptian Licorice	6 / 16 ct	4.64	24.80			20%	3.71	19.84			
KO	YGT081	Chai Black	6 / 16 ct	4.64	24.80			20%	3.71	19.84			
KO	YGT082	Chai Green - Disco'd	6 / 16 ct	4.64	24.80			- Disco'd					
KO	YGT083	Chai Redbush (Rooibos)	6 / 16 ct	4.64	24.80			20%	3.71	19.84			
K	YGT002	Classic India Spice	6 / 16 ct	4.64	24.80			20%	3.71	19.84			
KO	YGT027	Egyptian Licorice Mint	6 / 16 ct	4.64	24.80			20%	3.71	19.84			

## YOUR FITNESS DISH

*Made in Vaughn, Ontario, all products are completely vegan and made without soy. The granola and cereals are oat-free and wheat-free. Quinow beverage is mildly sweetened with certified organic agave and certified far-trade organic quinoa. For more information, visit [www.yourfitnessdish.com](http://www.yourfitnessdish.com)*

#### Quinola Quinoa Granola

C	YFD004	Quinola Original	12 / 235 g	5.68	60.91			20%	4.54	48.73			
C	YFD010	<b>Quinola Blast - New</b>	12 / 200g	6.19	66.37			20%	4.95	53.10			

#### Quin'Hot Cereal, Quinoa Flakes, Gluten-free

Cgf	YFD005	Original, Gluten-free	12 / 250 g	4.75	50.91								
C	YFD011	<b>Omega Gust - New</b>	12 / 204g	6.19	66.37			20%	4.95	53.10			

# Ontario Natural Food Co-op 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Quinoa, Gluten-free</b>													
	CGF	YFD006	Quinoa North, Gf	12 / 200 g	3.06	32.73							
<b>Toasted Quinoa</b>													
	C	YFD007	Quinoa Crisp	12 / 200 g	3.51	37.64							
<b>Crunchy Quinoa &amp; Almonds Snack</b>													
	C	YFD008	Quin'Bites 24 / cs	24 / 45 g	2.16	46.19		20%	1.73	36.95			
<b>Quin'Pro - Quinoa Smoothie Powder</b>													
	C	YFD009	Plain	12 / 250 g	5.89	63.10							
<b>Quinoa Smoothie Powder - Single Serve Pouches - Full Cases Only - New</b>													
	C	YFD012	Plain - New	12 / 39g		20.91		20%		16.73			
	C	YFD013	Dark Chocolate - New	12 / 39g		20.91		20%		16.73			
<b>• Fresh Beverages</b>													
<b>QuinWow Quinoa Drink - Full Cases Only</b>													
	R	C	YFD001	Original		31.94							
	R	C	YFD002	Vanilla		31.94							
	R	C	YFD003	Chocolate		31.94							
<b>YVES VEGGIE CUISINE</b>													
<i>Ranging from bbq items such as Skewers and Dogs to more home-style meals such as meatless ground and deli slices. For more information, visit <a href="http://www.yvesveg.com">www.yvesveg.com</a></i>													
<b>• Fresh</b>													
<b>Veggie Chili</b>													
	R	CD	YVE037	Veggie Chili	6 / 600 ml	6.80	37.36		15%	5.78	31.76		
<b>Tenders</b>													
	R	CK	YVE320	Veggie Tenders Beef	12 / 170 g	4.40	48.34		15%	3.74	41.09		
	R	CK	YVE321	Veggie Tenders Chicken	12 / 170 g	4.40	48.34		15%	3.74	41.09		
<b>Meatballs, Fresh</b>													
	R	CK	YVE316	Meatballs - 12-pack	12 / 180 g	3.96	43.44		15%	3.37	36.92		
<b>Ground Round</b>													
	R	CK	YVE034	Chicken	12 / 340 g	3.96	43.44		15%	3.37	36.92		
	R	CK	YVE016	Italian	12 / 340 g	3.96	43.44		15%	3.37	36.92		
	R	CK	YVE033	Mexican	12 / 340 g	3.96	43.44		15%	3.37	36.92		
	R	CK	YVE015	Original	12 / 340 g	3.96	43.44		15%	3.37	36.92		
<b>Veggie Skewers</b>													
	R	CK	YVE325	Chicken Satay	12 / 300 g	4.40	48.34		15%	3.74	41.09		
	R	CK	YVE326	Chicken Souvlaki	12 / 300 g	4.40	48.34		15%	3.74	41.09		
<b>Pepperoni</b>													
	R	CK	YVE014	Veggie Pizza Pepperoni	12 / 120 g	3.16	34.65				15%	2.69	29.45
<b>Slices</b>													
	R	CK	YVE004	Deli Bologna	12 / 155 g	3.16	34.65				15%	2.69	29.45
	R	CK	YVE022	Ham	12 / 155 g	3.16	34.65				15%	2.69	29.45
	R	CK	YVE008	Salami	12 / 155 g	3.16	34.65				15%	2.69	29.45
	R	CK	YVE021	Turkey	12 / 155 g	3.16	34.65				15%	2.69	29.45
<b>Veggie Sausages</b>													
	R	CK	YVE330	Bavarian Sausages	12 / 380 g	4.62	50.71				15%	3.93	43.10
	R	CK	YVE331	Spicy Italian Sausages	12 / 380 g	4.62	50.71				15%	3.93	43.10
<b>Dogs</b>													
	R	CK	YVE035	Hot & Spicy Chili Veggie Dogs	12 / 275 g	3.30	36.17				15%	2.81	30.74
	R	CK	YVE036	Tofu Dogs	12 / 275 g	3.30	36.17				15%	2.81	30.74
	R	CK	YVE002	Veggie Dogs	12 / 275 g	3.30	36.17				15%	2.81	30.74
	R	CK	YVE027	Jumbo Veggie Dogs - 5-pack	12 / 380 g	4.62	50.71				15%	3.93	43.10
	R	CK	YVE012	Veggie Dogs - Family Pack (12 dogs)	12 / 450 g	5.13	56.29				15%	4.36	47.85

# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
<b>Breakfast</b>													
R	CK	YVE010	Bacon Strips	12 / 156 g	3.73	40.91					15%	3.17	34.77
R	CK	YVE018	Breakfast Links	12 / 200 g	3.73	40.91					15%	3.17	34.77
R	CK	YVE029	Breakfast Patties	12 / 170 g	3.73	40.91					15%	3.17	34.77
R	CK	YVE009	Canadian Veggie Back Bacon	12 / 170 g	3.73	40.91					15%	3.17	34.77
<b>Burgers</b>													
R	CDK	YVE306	XL Burger Burger	12 / 568 g	7.62	83.67					15%	6.48	71.12
R	CK	YVE315	Chick'n Burger - 4-pack	12 / 300 g	5.13	56.29					15%	4.36	47.85
R	CK	YVE314	Garden Veggie Patties - 4-pack	12 / 300 g	5.13	56.29					15%	4.36	47.85
R	CK	YVE300	Veggie Good Burger - 4-pack	12 / 300 g	5.13	56.29					15%	4.36	47.85
<b>• Frozen</b>													
<b>Meatballs, Corn Dogs, Nuggets, Frozen</b>													
F	C	YVE259	Veggie Corn Dogs 4-ct	12 / 280 g	6.27	68.48					15%	5.33	58.21
F	C	YVE262	Veggie Nuggets	12 / 435 g	6.27	68.48					15%	5.33	58.21
F	C	YVE261	Meatballs	12 / 383 g	6.27	68.48					15%	5.33	58.21
<b>Bistro Burgers, Frozen</b>													
F	C	YVE253	Veggie Bistro Mushroom Melt	12 / 352 g	6.27	68.48					15%	5.33	58.21
F	C	YVE251	Chicken Bistro	12 / 352 g	6.27	68.48					15%	5.33	58.21
F	C	YVE252	Harvest Bistro	12 / 352 g	6.27	68.48					15%	5.33	58.21
F	C	YVE250	Veggie Bistro	12 / 352 g	6.27	68.48					15%	5.33	58.21
<b>• Shelf Stable</b>													
<b>Organic Canned Veggies</b>													
KO		YVE500	Cut Green Beans	12 / 398 ml	2.53	27.59					15%	2.15	23.45
KO		YVE501	Golden Corn, whole kernal	12 / 398 ml	2.53	27.59					15%	2.15	23.45
KO		YVE502	Sweet Peas	12 / 398 ml	2.53	27.59					15%	2.15	23.45
<b>Organic Canned Beans</b>													
KO		YVE503	Black Beans	12 / 398 ml	2.53	27.59					15%	2.15	23.45
KO		YVE504	Garbanzo Beans	12 / 398 ml	2.53	27.59					15%	2.15	23.45
KO		YVE505	Kidney Beans	12 / 398 ml	2.53	27.59					15%	2.15	23.45
KO		YVE506	Pinto Beans	12 / 398 ml	2.53	27.59					15%	2.15	23.45
KO		YVE507	Soy Beans	12 / 398 ml	2.53	27.59					15%	2.15	23.45

### ZAZUBEAN

*Canadian functional organic fair-trade chocolate company. Made from Bean to bar, this rich dark chocolate from Panama and Ecuador is infused with a unique blend of botanicals to bring a fun and functional delight to your palate. For more information visit [www.zazubean.com](http://www.zazubean.com)*

#### Functional Organic Fairly Traded Dark Chocolate (w/ herbal medicinal ingredients) - Full Cases Only

H	CGIOT	<b>ZAZ016</b>	<b>Cheeky, Banana/Toffee 70% - New</b>	12 / 100 g		42.09					15%	35.78	15%	35.78
H	CGIOT	<b>ZAZ011</b>	<b>Hottie, Chili &amp; Cinnamon 70%</b>	12 / 100 g		42.09					15%	35.78	15%	35.78
H	CGIOT	<b>ZAZ013</b>	<b>Lunatic, Mint-Cocoa Nibs 70%</b>	12 / 100 g		42.09					15%	35.78	15%	35.78
H	CGIOT	<b>ZAZ014</b>	<b>Nutbar, Almonds &amp; Coconut 70%</b>	12 / 100 g		42.09					15%	35.78	15%	35.78
H	CGIOT	<b>ZAZ015</b>	<b>Flirt, Raspberry/Cherry 70%</b>	12 / 100 g		42.09					15%	35.78	15%	35.78
H	CGIOT	<b>ZAZ012</b>	<b>Nakid, Cocoa Nibs 70%</b>	12 / 100 g		42.09					15%	35.78	15%	35.78

#### Functional Organic Fairly Traded Dark Chocolate (herbal medicinal ingredients) - Full Cases Only

H	COT	ZAZ001	Hottie, Chili & Cinn (72%)	12 / 56 g		35.55								
H	COT	ZAZ003	Lunatic, Mint-Coc (72%)	12 / 56 g		35.55								
H	COT	ZAZ005	Nutbar, Alm Coconut (68%)	12 / 56 g		35.55								
H	COT	ZAZ006	Flirt, Acai & Cherries (70%)	12 / 56 g		35.55								
H	COT	ZAZ007	Squeeze, Orange Ging (70%) - Disco'd	12 / 56 g		35.55								
<b>Organic Fairly Traded Chocolate - Full Cases Only</b>														
H	COT	ZAZ002	Nakid, Cocoa Nibs (73%), Dark	12 / 56 g		35.55								
H	COT	ZAZ004	Smooch, Berry Crisp (40%), Milk - Disco'd	12 / 56 g		35.55								



# Ontario Natural Food Co-op

## 2012 Buying Club Catalogue - Until March

January Specials for deliveries: January 5 – February 3. February Specials for deliveries: February 6 – March 2.

Buy a case and save on average 4%. Prices subject to change without notice.

**B**=biodegradable    **C**=Canadian company    **ct**=count    **D**=dairy free    **F**=frozen    **G**=GST    **Gf**=gluten free    **H**=HST (harmonized sales tax)  
**K**=kosher    **NS**=Nova Scotia deposit fee    **O**=certified organic    **R**=refrigerated    **T**=fairly traded    **W**=wheat free

Tax F/R	Qty	Code	Description	Size	*Sngl	Case		Jan %off	Sngl Sale\$	Case Sale\$	Feb %off	Sngl Sale\$	Case Sale\$
	o	PCN001	Pecan Halves	1 / 13.6 kg	535.26								
	o	PUM005	Pumpkin seeds - Disco'd	2 / 12.5 kg	97.15		- Disco'd						
	o	PUM007	Pumpkin seeds	1 / 11.34 kg	94.36								
	o	SES006	Sesame (Hulled)	1 / 11.3 kg	59.06								
	o	SES003	Sesame (with Hull)	1 / 11.3 kg	50.49								
	o	SUN002	Sunflower (Shelled)	1 / 11.34 kg	43.61								
	o	BRZ001	Brazil Nuts	1 / 20 kg	345.95								
	o	CSH001	Cashews, Whole (W320)	1 / 22.68 kg	509.90								
	o	FLX050	Golden Flax Seeds	1 / 22.68 kg	71.44								
<b>Organic Grains - BULK</b>													
	o	AMA001	Amaranth	1 / 11.34 kg	61.52								
	o	BAR007	Barley - Pearled	1 / 11.34 kg	23.87								
	co	BAR003	Barley, Pot - Hulled	1 / 12 kg	23.29								
	o	BUC020	Buckwheat Groats	1 / 22.68 kg	57.59								
	o	COU002	Couscous	1 / 12 kg	59.66								
	o	COU005	Couscous - Whole Wheat	1 / 11.34 kg	59.66								
	o	KAM001	Kamut	1 / 11.34 kg	28.94								
	o	KAM003	Kamut	1 / 22.68 kg	54.38								
	o	QUI001	Quinoa	1 / 11.34 kg	67.65								
<b>Organic Beans - BULK</b>													
	o	ADZ001	Adzuki	1 / 11.3 kg	45.48								
	o	BLP001	Black Eyed Peas	1 / 11.34kg	51.88								
	o	BLT001	Black Turtle	1 / 11.3 kg	30.55								
	o	CHP001	Chick Peas	1 / 11.3 kg	41.00								
	o	GRB001	Great Northern Beans	1 / 11.3 kg	31.82								
	o	GFL001	Green French Lentils	1 / 22.68 kg	132.98								
	o	GSP001	Green Split Peas	1 / 12 kg	24.98								
	o	LEN002	Lentils - Green	1 / 11.3 kg	40.90								
	o	LEN012	Lentils - Red	1 / 11.34 kg	37.64								
	o	LIM001	Lima Beans	1 / 11.34 kg	54.57								
	o	MUN002	Mung	1 / 11.3 kg	63.01								
	o	NAV002	Navy	1 / 12 kg	30.18								
	o	PIN002	Pinto	1 / 11.3 kg	48.83								
	o	KID001	Red Kidney	1 / 11.3 kg	36.15								
	o	YSP010	Yellow Split Peas	1 / 10 kg	21.10								