

FALL CASE LOT SALE

OCTOBER 18-24, 2009

1. Annie's Homegrown Mac & Cheese Dinners 12/170g -

Product of USA

Bunny Shape w/Cheese
Petite Shells & White Cheddar
Shells & Real Aged Wisconsin Cheddar
21.99 reg 38.28

Family Size 6/340g
Petite Shells & White Cheddar
17.99 reg 29.94

2. Lundberg Rice

Basmati - Eco Farmed 11.34 kg
34.99 reg 52.00 – Brown
39.99 reg 61.79 – White

Long Grain - Eco Farmed - 11.34kg
27.99 reg 42.95

Short Grain - Organic 11.34kg
42.99 reg 63.39

3. Prairie Harvest Pasta - Organic - 4.54kg

22.99 reg 31.70
Spaghetti, Small Shells, Penne Rigate

4. Native Forest Coconut Milk

Organic 12 x 400 ml
28.99 reg 47.40

5. Bio Vert Detergent-10L

26.99 reg 39.99 - Laundry
23.99 reg 34.99 – Dish

6. Eco Soft Toilet Paper

41.99 reg 57.12 - 1 ply 48/cs

7. Blue Diamond Nut Thins 12 x 120g

28.99 reg 47.88
Almond, Pecan, Cheddar Cheese

8. Clif Bars – 12/68g

13.49 reg 20.28
Black Cherry Almond
Chocolate Almond Fudge
Chocolate Chip
Cool Mint Chip
Maple Nut

9. Tinkyada Brown Rice Pasta 4.54kg

23.99 reg 31.70
Elbows, Spaghetti, Spirals, Penne

10. Anita's Organic Cookie Mix 6/cs

Chocolate Chip - 325g
Oatmeal - 354g **19.99** reg 28.10

11. Anita's White Flour

Organic 10 kg **22.99** reg 31.99

12. Garbanzo Beans

Organic 11.34 kg **49.49** reg 58.85

13. Black Turtle Beans

Organic 11.34kg **49.99** reg 59.50

14. Frontier Organic Spices 454 g

Garlic Granules **9.99** reg 17.99
Black Peppercorns **9.99** reg 17.99
Cinnamon **5.99** reg 10.99
Curry Powder **11.99** reg 21.49

15. Seventh Generation Diapers

Sizes 3, 4 & 5 **56.99** reg 91.16

16. Pure Beeswax Honey Candles

6" tubes/24 **32.99** reg 52.56
2" votives/36 **67.99** reg 107.64
Tea lites/48 **36.99** reg 57.12

17. Kootenay Soap Co.

2 assorted 6 packs **16.49** reg 22.14

18. Essential Oils 500ml

Lavender Oil **44.99** reg 100.49
Orange Oil **9.99** reg 21.69

19. Ariah's Edible Creations

Burritos/case 12

Cheese **31.99** reg 39.96
Vegan Chili Lime **28.69** reg 35.82

Samosa case/18

Potato Pea **34.55** reg 43.20
Tofu Rice **34.55** reg 43.20

20. Italissima Olives

Green 4L
Stuffed with Garlic **44.95** reg 56.19
Mediterranean 3kg
Mixed **40.45** reg 50.54

Produce Specials

Carrots- 10lb bag Local Canyon City Farm **\$10.99**

Apples- 10lb bag Okanagan **\$9.99**
Gala, Spartan & Ambrosia

Potatoes- 10lb bag Fraser Valley-Fraserland Farm **\$7.99**
Red, Yellow, Russet