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# Company results for 'Cereals' under 'Thompson okanagan'

## Lake Country Harvest - 250-766-1373

**Contact:** Paula Diakiw

**Toll Free:**

**Phone:** 250-766-1373

**Cell:**

**Fax:**

**Email:**

**Website:** <http://www.lakecountryharvest.com>

**Address:**

6948 McCoubrey Road

Lake Country, BC

V4V 2L3

**Regions Supplied:** All of BC

**Company Notes:**

**Products Available:**

Gluten -Free Muesli -

### Apple Chips - Year Round

Apple Chips 30g and 105g size bags available. Okanagan apples are the best! From MacIntosh and Spartan, to specially requested varieties, we slice and dry them into apple chips without any additives.

### Baby Beavers Pecans - Fall Winter

Seasonal treat of pecans, fresh creamery caramel and chocolate. Look for us in November/December, or order some now!

### Creamy Caramels - Fall Winter

A fall/winter treat of cubes of fresh caramel, robed in good chocolate and sprinkled with specialty salts.

### Dried Fruits - Year Round

Dried Cherries, Dried Montmorency and Danube (Sour) Cherries, Dried Blueberries, Dried Plums, Pineapple Crisps, Peach Chips  
Dried Apples, Dried Pears, Dried Apricots and Dried Organic Blueberries

### Dried Veggies - Year Round

Dried Sweet Peppers, Dried Leeks, Dried Glenmore Road Roma Tomatoes, Dried Chanterelles, Pine and Honey Mushrooms and Dried Morels.

### Heavenly Muesli - Year Round

Heavenly Muesli 400g size bags available. We have developed a beautiful combination of Oats, fruit, seeds, nuts and proteins that has NO ADDED SUGAR or oils. We add at least 5 BC fruits to every batch, from Westham Island Strawberries, Richmond Blueberries, Oyama apricots and peaches, Carrs Landing Crabapples, and Winfield apples and pears. A great way to celebrate the bounty of BC.

### Honey?d Almonds - Fall Winter

Flavours include: Cajun, Madras Curry, Sweet Chili and Heat

### Misc. Jams - Fall Summer

Strawberry  
Organic Strawberry  
Raspberry  
Organic Raspberry  
Blackberry  
Lapin Cherry  
Peach  
Peach Polkadot (Peach with raspberries)  
Apricot  
Blueberry Lime  
Blueberry with Cinnamon  
Strawberry Rhubarb

### Misc. Jellies -

### Misc. Preserves - Fall Summer

Pickled Beets  
Canned Oyama Peaches  
Peachy Barbecue Sauce

Get them while they last.....

### Pineapple Crisps - Fall Spring Winter

Pineapple Crisps 55g size bags available. We were longing for Hawaii when we started these. They are like transporting the taste buds to the beach. Perfect for hiking or snacking, or a car trip! They are a popular item, although they are either Costa Rican or Hawaiian product. Air dried to a crisp.  
Available Seasonally

### Triple Treat - Fall Winter

A delicious combination of dried cherries, toasted whole almonds and Organic 70% cocoa domes

### Vegan Power Bars - Year Round

## Nature's Path Foods Inc. - 604-248-8777

**Contact:** Dag Falck  
**Toll Free:**  
**Phone:** 604-248-8777  
**Cell:**  
**Fax:** 604-248-8760  
**Email:** dfalck@naturespath.com  
**Website:** <http://www.naturespath.com>

**Address:**  
9100 Van Horne Way  
Richmond, BC  
V6X 1W3

**Regions Supplied:** All of BC

### Company Notes:

Nature's Path wants to be a trusted name for organic foods in every home; socially responsible, environmentally sustainable & profitable. All our products are grown and processed organically, supporting organic family farms and sustainable practices. In 2004 alone, Nature's Path, with the help of our customers, prevented approximately 129,600 pounds of pesticides, and 9,805,200 pounds of synthetic fossil fuel fertilizer from being used. Please see our website for more information.

### Products Available:

#### HeritageÃ,Â®\* Flakes - Year Round

Created in Nature's Path's Delta, BC plant, from a unique blend of heirloom whole grains organically grown on the rich Canadian prairies. KamutÂ®, winter wheat, spelt, oats, barley, millet and quinoa add great taste to this popular cereal. Special attributes: Organically grown and processed ingredients. Made with unique heirloom whole grains. High fiber/low sodium. Unit size: Sold in two sizes: 13.25 oz (375 g) carton and Eco Pac 32 oz (907 g). Package features: Available in retail carton or in Eco PacÂ®. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>.

\*Trademark used under license.

#### Fruit Juice Corn Flakes - Year Round

Created in Nature's Path's Delta, BC plant, from organic corn meal, organic concentrated grape juice and sea salt. Special attributes: Organically grown and processed ingredients. Sweetened with organic and natural fruit juice. Wheat free/gluten free/low sodium/vegan. Unit size: Sold in two sizes: 10.6 oz (300 g) carton and Eco Pac 26.4 oz (750 g). Package features: Available in retail carton or in Eco PacÂ®. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>. \*Trademark used under license.

### Heritage O's - Year Round

Created in Nature's Path's Delta, BC plant, from a unique blend of heirloom whole grains organically grown on the rich Canadian prairies. Kamut®\*, winter wheat, spelt, oats, barley, millet and quinoa add great taste to this popular cereal. Special attributes: Organically grown and processed ingredients. Made with unique heirloom whole grains. High fiber/low sodium. Unit size: Sold in two sizes: 12.5 oz (350 g) carton and Eco Pac 32 oz (907 g). Package features: Available in retail carton or in Eco Pac®. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging, and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>. \*Trademark used under license.

### Honey'd Corn Flakes - Year Round

Created in Nature's Path's Delta, BC plant, from organic corn meal, organic evaporated cane juice, organic honey, and sea salt. Special attributes: Organically grown and processed ingredients. Wheat free/gluten free/low sodium. Unit size: Sold in two sizes: 10.6 oz (300 g) carton and Eco Pac 26.4 oz (750 g). Package features: Available in retail carton or in Eco Pac®\*. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>. \*Trademark used under license.

### Honey'd Raisin Bran Flakes - Year Round

Created in Nature's Path's Delta, BC plant from organic whole wheat flour, organic raisins (coated with canola oil), organic wheat bran, organic evaporated cane juice, organic barley malt extract, sea salt and organic honey. Special attributes: Organically grown and processed ingredients. Made with whole grains. Raisins are not coated with sugar. High fiber/low fat. Unit size: Sold in two sizes: 14 oz (400 g) carton and Eco Pac 32 oz (907 g). Package features: Available in retail carton or in Eco Pac®\*. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>.

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### Kamut®,® Krisp Flakes - Year Round

Created in Nature's Path's Delta, BC plant, from organic Kamut®\* wheat flour, organic evaporated cane juice, organic whole millet, organic brown rice flour, organic agave nectar, sea salt, calcium carbonate, folic acid and organic maple syrup. Special attributes: Organically grown and processed ingredients. Made with unique heirloom whole grains. Organic Agave nectar used for sweetener gives this cereal a unique flavour. High fiber/low fat/vegan. Cereal option for people with wheat sensitivity. Unit size: Sold in two sizes: 11 oz (312 g) carton and Eco Pac 26.4 oz (750 g). Package features: Available in retail carton or in Eco Pac®\*. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and

ingredients at:

<http://www.naturespath.com/products/breads>. \*Trademark used under license.

### **Manna Bread™,® Carrot Raisin, Cinnamon Date, Fruit and Nut, Millet Rice, Multigrain, SunSeed, and Whole Rye**

This is a very pure, tasty and unique sprouted bread made without flour, yeast, sugar or salt. The baking is done in a manner that retains the excellent nutrition. Its sweet, moist, cake-like flavour and consistency are the result of naturally sprouting the grains for optimal nutrition, a process that converts the grain starch into maltose and other complex natural sugars.

Special attributes: Ingredients available from local producers are used when possible. For instance, carrots used in Carrot Raisin Manna Bread are from local BC, certified organic farms in season; out of season, they are from imported organic varieties. The sprouted whole wheat kernels come from the same Saskatchewan organic-farming family that has supplied Nature's Path from its beginning. Manna Bread is very high in natural fiber. It is best stored frozen until use and, once thawed, lasts 3 days in the fridge. Unit size: 400 gram loaf individually sealed in inner and outer moisture barrier.

Package features: Labeling printed directly on plastic bag to reduce packaging. Takes minimal space in freezer. Packaging presentation: Attractive simple package. Find full description, picture and ingredients at:

<http://www.naturespath.com/products/breads>.

### **Millet Rice Flakes - Year Round**

Created in Nature's Path's Delta, BC plant from organic whole oat flour, organic concentrated grape juice, organic brown rice flour, organic whole millet, organic oat bran, organic barley malt extract and sea salt. Special attributes: Organically grown and processed ingredients. Wheat free/high fiber/low sodium/vegan. Unit size: Sold in two sizes: 13.25 oz (375 g) carton and Eco Pac 32 oz (907 g). Package features: Available in retail carton or in Eco Pac®\*. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>.

\*Trademark used under license.

### **Multigrain Flakes - Year Round**

Created in Nature's Path's Delta, BC plant, from organic whole oat flour, organic whole wheat flour, organic wheat bran, organic evaporated cane juice, organic oat bran, organic yellow corn meal, organic brown rice flour, organic barley malt extract, sea salt and organic whole wheat sprouts. Special attributes: Organically grown and processed ingredients. High fiber/low sodium/low fat/vegan. Unit size: Sold in two sizes: 13.25 oz (375g) carton and Eco Pac 32 oz (907 g). Package features: Available in retail carton or in Eco Pac®\*. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel.

Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging, and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at:

<http://www.naturespath.com/products/breads>. \*Trademark used under license.

### **Raspberry Muesli and Blueberry Muesli - Year Round**

Made with a blend of certified-organic whole grains including organic rolled oats, organic whole oat flour, organic whole wheat flour, organic wheat bran, organic flaked yellow corn, and organic barley flakes. For unique flavour and nutrition, organic almonds, organic grape juice concentrate, organic freeze-dried blueberries, organic freeze-dried raspberries, and organic raisins are added.

This is a premium high fiber/vegan product with great taste.

Special attributes: Our mueslis are not cooked and are all natural and organic. Designed with lots of dried fruit and nuts, this muesli is very high in nutritional value. Unit size: Retail carton: 12.35 oz (350 g). Package features: Available in retail paperboard carton (recycled) that has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel.

Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key

ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at:  
<http://www.naturespath.com/products/breads>.

### Spelt Flakes - Year Round

Created in Nature's Path's Delta, BC plant, from organic spelt flour, organic grape juice, organic instantized spelt flakes, organic barley malt extract, sea salt and organic honey. Special attributes: Organically grown and processed ingredients. Made with whole grains. High fiber/low fat. Cereal option for people with wheat sensitivity. Unit size: Retail carton: 12.5 oz (355 g). Package features: Available in retail paperboard carton (recycled) that has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at:  
<http://www.naturespath.com/products/breads>.



## The Granola King - V7P3H1

**Contact:** James Sherst

**Toll Free:**

**Phone:** V7P3H1

**Cell:**

**Fax:** 604-990-4848

**Email:**

**Website:** [greatservice@thegranolaking.com](mailto:greatservice@thegranolaking.com)

**Address:**

The Granola King

107 Bowser Avenue, North Vancouver

British Columbia

**Regions Supplied:** All of ALBERTA All of BC All of MANITOBA All of BRUNSWICK All of TERRITORIES A

**Company Notes:**

<http://www.thegranolaking.com>

**Products Available:**

# Wolfgang's Grain and Flour - 250-838-5910

**Contact:** Pat Holman

**Toll Free:**

**Phone:** 250-838-5910

**Cell:**

**Fax:** 250-838-6302

**Email:** pat\_holman@telus.net

**Website:** <http://www.wolfgangsgrainandflourmills.ca>

**Address:**

591 Enderby Grindrod Road

Enderby, BC

V0E 1V4

**Regions Supplied:** Thompson okanagan

**Company Notes:**

Custom fresh stone grinding of flours. Custom fresh stone grinding of flours available as well.

**Products Available:**

**Golden Flax Seeds - Year Round**

Golden Flax Seeds available in 1 kg bags.

**Kamut Flour - Year Round**

Fresh stone ground whole Kamut flour 1 kg, 10 kg and 20 kg.

**Rolled Oats - Year Round**

Fresh rolled oats 1 kg, 10 kg and 20 kg.

**Whole Rye Flour - Year Round**

Fresh stone ground whole rye flour 1 kg, 10 kg and 20 kg.

**Whole Spelt Flour - Year Round**

Fresh Stone ground whole Spelt flour 1 kg, 10 kg and 20 kg.

**Whole Wheat Flour - Year Round**

Fresh Stone ground whole wheat flour 1 kg, 10 kg and 20 kg.