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Blackberry Hill Farm - 604 258 PIES

Contact: Chris Hoekstra

Toll Free:

Phone: 604 258 PIES

Cell:

Fax:

Email: choeks@telus.net

Website:

Address:

8815 B Selkirk St.

Vancouver, BC

V6P 4J6

Regions Supplied: Lower mainland Thompson okanagan

Company Notes:

Blackberry Hill Farm is a family owned business that makes our products by hand, the old fashioned way. Our gourmet pies, Montreal Style Bagels, assorted bakery items and our specialty preserves, jellies and syrups are the best in town.

Products Available:

Blackberry Hill Specialty Syrups - Year Round

Unique flavours and come in several varieties.

Assorted Squares, Cookies and Cakes - Year Round

These gourmet treats are made by hand in small batches. Recipes created by a pastry chef, the CEO of the company. Quality and taste are superior - you can taste the difference.

Gourmet Pies - Year Round

Available freshly baked, take and bake style or frozen. Made to order with any variety of berries and fruit. Also available: pumpkin pies, meringue and cream pies. Sizes available 4", 9" or 10" deep. Made by hand, with local ingredients used; purchased from local farmers' markets. Can use organic produce upon request. Pies are non- trans fat. Packaging options available. Normally 24 hours notice required for order, depending on size.

Montreal Style Bagels - Year Round

Made in small batches, these are the real deal. Dough is proofed, frozen, boiled and then baked, which creates the true Montreal bagel, flavourful and chewy. Many flavours are available: original, multigrain, whole wheat, sour dough/rye, cheese, jalapeno, etc. Bagels are available freshly baked or frozen. If supplied frozen, they need to be baked for about 35 minutes, providing retailer ability to sell them freshly baked. Spelt bagels are also available.

Specialty Preserves and Jellies - Year Round

Tempting flavours such as Tequila Pepper Jelly, Hot Cranberry Jelly and Onion Marmalade give inspiration to home cooks and chefs alike. These unique preserves come in sizes from 250 ml and up. Looking for a specific flavour? We have over 30 varieties.

European Breads Bakery - 604-879-5177

Contact: Vera Kobalia

Toll Free:

Phone: 604-879-5177

Cell:

Fax:

Email: info@europeanbreads.com

Website: <http://www.europeanbreads.com>

Address:

4324 Fraser Street
Vancouver, BC
V5V 4G3

Regions Supplied: Lower mainland Vancouver island

Company Notes:

All European Breads products are made by hand, using artisan methods and original recipes. European Breads Bakery produces a range of gluten free, yeast free and wheat free breads. As an added bonus, all of the breads are dairy free. European Breads are baked in over 25 varieties with the finest ingredients and methods of traditional artisan baking.

Products Available:

Georgian Baguette - Year Round

Georgian Baguette is one of the oldest breads in the world and originates from the land of Colchis (present day Georgia). According to Greek mythology, Colchis was a beautiful land situated on the mysterious periphery of the heroic world. Here in the sacred grove of the war god, Ares, King Aeetes hung the Golden Fleece until it was seized by Jason and the Argonauts. Ingredients: organic white flour, sea salt, yeast, lemon juice, and filtered water. All European Breads products are made by hand, using artisan methods and original recipes.

100% Barley Bread - Year Round

Barley played an important role in the ancient Greek culture as a staple bread-making grain. It was an important food for athletes, who attributed much of their strength to their barley-rich training diets. Roman athletes continued this tradition of honouring barley for the strength that it gave them. Barley's claim to nutritional fame is based on its being a very good source of fiber and selenium, as well as a good source of phosphorus, copper, and manganese. Ingredients: barley flour, barley bran, bacterial culture, sea salt, and filtered water. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

Ancient Roman Spelt Bread - Year Round

Spelt is an ancient grain that traces its heritage back long before many wheat hybrids. It offers a broader spectrum of nutrients compared to many of its more inbred cousins in the wheat family. It is an excellent source of Vitamin B2 and a good source of niacin, thiamin, and copper. This particular combination of nutrients makes spelt bread an excellent choice for people suffering from migraine headaches, atherosclerosis, or diabetes. Ingredients are: spelt flour, spelt bacterial culture, sea salt, and sunflower oil. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

Baltic Bread - Year Round

There are more than 40 different varieties of delicious breads in Latvia, with Baltic being the most popular one. It's a denser bread than Borodin due to special enzymes and the unique process involving in baking it. Baltic bread has a very distinct, almost sweet flavour as it's made with caramel and caraway seeds. Ingredients: dark rye flour, whole wheat flour, molasses, caraway, caramel, malt, bacterial culture, sea salt, and filtered water. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

Buckwheat Bread - Year Round

Buckwheat is a fruit seed related to rhubarb. This makes it a suitable substitute for grains and a great alternative for wheat or other grains that contain protein glutens. Diets that contain buckwheat have been linked to lowered cholesterol and lowered blood pressure. Buckwheat also contains magnesium, which relaxes blood vessels, improving blood flow and nutrient delivery. Ingredients: buckwheat, flax, rice flour, sea salt, baking powder, and xanthan gum. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

Euro Flax Bread - Year Round

Its high content of alpha linolenic acids has made the ancient flax seed become a modern miracle food. Alpha linolenic acid is a type of omega 3 fatty acid, similar to those found in fish such as salmon. Benefits of flax seed include lowering cholesterol and blood pressure. Ingredients: whole wheat flour, flax seeds, ground flax, sea salt, fresh yeast, and filtered water. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

Pharoah's Kamut Bread - Year Round

Kamut grain is an ancient relative of durum wheat, twice the size of common wheat, with 20 to 40% more protein and higher lipids, amino acids, vitamins, and minerals. It's a delicious, sweet alternative for all products that now use common wheat. Ingredients: kamut flour, bacterial culture, sea salt, and sunflower oil. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

Russian Rye Bread - Year Round

Russian Rye, also known as Orlov bread, is one of the most famous breads from 18th century Russia. It is named after Count Orlov, military officer and lover of Catherine the Great, empress of Russia from 1762 to 1796. He organized the coup d'etat that placed Catherine on the Russian throne and subsequently was her close adviser. Ingredients: dark rye flour, whole wheat, sea salt, bacterial culture, sunflower oil, and filtered water. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

Great Gyros & Foods - 604-594-4970

Contact: George Gorgounis
Toll Free:
Phone: 604-594-4970
Cell:
Fax: 604-594-4980
Email: sales@greatgyros.com
Website: <http://www.greatgyros.com>

Address:
8-13140 88 Avenue
Surrey, BC
V3W 3K3

Regions Supplied: Lower mainland Vancouver island

Company Notes:
Original recipes and in business for 20 years.

Products Available:

Greek Dips - Year Round

Greek Dips - Tzatziki, Humous, Greek Eggplant, Taramosalta, Red Roasted Pepper, and Greek Olive

Greek Pies - Year Round

Spinach, Chicken and Spinach, Beef/Spinach, Lamb/Spinach Greek pies. Original recipes.

Gyros Cones - Beef, Lamb, Chicken, Halal - Year Round

Beef, Lamb, Halal, Marinated Chicken. Original recipes, 10 - 15 lb bx.

Souvlakis - Chicken, Beef or Lamb - Year Round

Marinated, 5 lb bags, cubes only. Ready to serve.

Her Majesty's Pie Company - V7P3H1

Contact: James S.

Toll Free:

Phone: V7P3H1

Cell:

Fax: 604-990-4848

Email:

Website: royalservice@hermajestypiecompany.com

Address:

Her Majesty's Pie Company

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.hermajestypiecompany.com>

Products Available:

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 Peacans - 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>.

*Trademark used under license.

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>.

Nonuttin' Foods Inc. - 866-714-5411

Contact: Alana Elliott
Toll Free:
Phone: 866-714-5411
Cell:
Fax: 888-738-7732
Email: info@nonuttin.com
Website: <http://www.nonuttin.com>

Address:
2911-1 Allenby Road
Duncan, BC
V9L 4T8

Regions Supplied: All of BC

Company Notes:

Nonuttin' Foods Inc. manufactures granola bars for the growing number of food allergic people and their families. Free of 8 of the top 10 food allergens, Nonuttin' Granola Bars also make a tasty snack for peanut and nut-free schools.

Products Available:

Nonuttin' Granola Bars - Vanilla Cinnamon (Available August 2006) - Year Round

From a delicious original recipe created by the mother of a peanut and nut-allergic child, Nonuttin' Granola Bars are free of 8 of the top 10 food allergens. Nonuttin' Granola Bars have no: peanuts, tree nuts, dairy, seeds, egg, sulphites, trans fat, animal by-products. Nonuttin' Granola Bars are kosher-certified and suitable for vegetarians. Nonuttin' Granola Bars are particularly well suited as snacks for the growing number of peanut and nut-free schools. Nonuttin' Granola Bars are currently available in point-of-purchase boxes of 16 bars and packed in master cases of 4 boxes for a total of 64 bars. All individual bars and point-of-purchase boxes have UPC codes. Nonuttin' Granola Bars have a shelf life of 6 months from the date of manufacture.

Nonuttin' Granola Bars - Apple Cinnamon - Year Round

From a delicious original recipe created by the mother of a peanut and nut-allergic child, Nonuttin' Granola Bars are free of 8 of the top 10 food allergens. Nonuttin' Granola Bars have no: peanuts, tree nuts, dairy, seeds, egg, sulphites, trans fat, animal by-products. Nonuttin' Granola Bars are kosher-certified and suitable for vegetarians. Nonuttin' Granola Bars are particularly well suited as snacks for the growing number of peanut and nut-free schools. Nonuttin' Granola Bars are currently available in point-of-purchase boxes of 16 bars and packed in master cases of 4 boxes for a total of 64 bars. All individual bars and point-of-purchase boxes have UPC codes. Nonuttin' Granola Bars have a shelf life of 6 months from the date of manufacture.

Nonuttin' Granola Bars - Chocolate Chip - Year Round

From a delicious original recipe created by the mother of a peanut and nut-allergic child, Nonuttin' Granola Bars are free of 8 of the top 10 food allergens. Nonuttin' Granola Bars have no: peanuts, tree nuts, dairy, seeds, egg, sulphites, trans fat, animal by-products. Nonuttin' Granola Bars are kosher-certified and suitable for vegetarians. Nonuttin' Granola Bars are particularly well suited as snacks for the growing number of peanut and nut-free schools. Nonuttin' Granola Bars are currently available in point-of-purchase boxes of 16 bars and packed in master cases of 4 boxes for a total of 64 bars. All individual bars and point-of-purchase boxes have UPC codes. Nonuttin' Granola Bars have a shelf life of 6 months from the date of manufacture.

Nonuttin' Granola Bars - Raisin - Year Round

From a delicious original recipe created by the mother of a peanut and nut-allergic child, Nonuttin' Granola Bars are free of 8 of the top 10 food allergens. Nonuttin' Granola Bars have no: peanuts, tree nuts, dairy, seeds, egg, sulphites, trans fat, animal by-products. Nonuttin' Granola Bars are kosher-certified and suitable for vegetarians. Nonuttin' Granola Bars are particularly well suited as

snacks for the growing number of peanut and nut-free schools. Nonuttin' Granola Bars are currently available in point-of-purchase boxes of 16 bars and packed in master cases of 4 boxes for a total of 64 bars. All individual bars and point-of-purchase boxes have UPC codes. Nonuttin' Granola Bars have a shelf life of 6 months from the date of manufacture.

North Arm Farm - 604-894-5379

Contact: Jordan Sturdy

Toll Free:

Phone: 604-894-5379

Cell:

Fax: 604-894-6650

Email: jordan@northarmfarm.com

Website: <http://www.northarmfarm.com>

Address:

1888 Hwy 99, Box 165

Pemberton, BC

V0N 2L0

Regions Supplied: Lower mainland

Company Notes:

North Arm Farm Products are grown with organic fertilizer and use organic production methods, including cover cropping and crop rotation. We do not use herbicides, pesticides or fungicides.

Products Available:

Fruit Vinegars - Year Round

Celeriac - Fall Winter

A root vegetable that is available October - April.

Pickled Vegetables - Year Round

Beets, carrots, beans and asparagus.

Preserves - Year Round

Various types available.

Specialty Potatoes - Fall Spring Winter

Fingerling, Blue, Yukon, and Candy Cane. Available September to April.

Various Bakery Products - Year Round

Fruit pies, bars, scones, muffins, cookies, butter tarts and specialty breads. Call for availability.

Pzazz Fine Foods Ltd. - 604-420-5820

Contact: John Duncan

Toll Free:

Phone: 604-420-5820

Cell:

Fax: 604-261-5850

Email: pzazzfinefoods@telus.net

Website: <http://www.pzazzfinefoods.com>

Address:

1829 Pandora Street

Vancouver, BC

V5L 1M2

Regions Supplied: Lower mainland

Company Notes:

Pzazz Fine Foods Ltd. is committed to producing products free of artificial preservatives. All of our products are made using the wholesome ingredients you would use at home. Please see our website for descriptions of our Handmade Dough Balls & Crusts and Handmade Pizzas - www.pzazzfinefoods.com.

Products Available:

Pizza - Year Round

Our handmade frozen pizza is dressed with our signature tomato sauce and available in six sizes: 6," 8," 10," 12," 14," 16" and 18". The 10" retail product line of pizza is made with wheat flour and is an in-stock item. All other sizes may be ordered in a variety of flavours. Please see our website at www.pzazzfinefoods.com.

Frozen Dough Balls - Year Round

Frozen dough balls available in a variety of weights and pack sizes. Par-baked pizza crusts available in sizes from 6" to 18". All crusts are hand pressed and contain no artificial ingredients/preservatives. Raw dough, sheeted thin crusts. Available in a variety of diameters. Please see our website for product descriptions and sizes: www.pzazzfinefoods.com.

Saskatoon Berry Farm - 250-743-1189

Contact: Al Dyrland
Toll Free:
Phone: 250-743-1189
Cell:
Fax: 250-743-1189
Email: toonfarm@yahoo.com
Website:

Address:
1245 Fisher Road
Cobble Hill, BC
V0R 1L0

Regions Supplied: Lower mainland Vancouver island

Company Notes:

Family-owned and run farm. Located in the Cowichan Valley; easy access from Victoria and Nanaimo.

Products Available:

Saskatoon Berries - Frozen - Year Round

Unique flavour, very versatile and nutritious. 5 lb bag/ 25 lb box.

Saskatoon Berries - Summer

Fresh - in season (end of June - mid July) 2 quart/5 lb/10 lb box, pre-picked.

Unique flavour, very versatile and nutritious. Ideal for pies, desserts, jams, wine, sauces (recipes available)

Saskatoon Jam - Year Round

1 cup jam jar size, small-batch, home-made, award-winning with natural preservatives. Also available as combination varieties: Saskatoon/Raspberry, Saskatoon/Rhubarb, Saskatoon/Strawberry, Saskatoon/Blueberry, Saskatoon/Cranberry.

Saskatoon Pie - Year Round

9 inch, home made from scratch. Tender, flakey, generously filled with Saskatoon berries. Our customers rave about our pies. Voted in top 5 in Victoria Times Colonist contest. Available frozen, unbaked, all year and also available with oatmeal/brown sugar crumble topping. Combination fruit varieties: Saskatoon/Rhubarb, Saskatoon/Raspberry, Saskatoon/Blueberry.

Sepp's Gourmet Foods Ltd. - 604-574-3288

Contact: Alan Maddox
Toll Free:
Phone: 604-574-3288
Cell:
Fax: 604-574-6966
Email: avmaddox@seppsfoods.com
Website: <http://www.seppsfoods.com>

Address:
202-19232 Enterprise Way
Surrey, BC
V3S 6J9

Regions Supplied: Kootenay Lower mainland Thompson okanagan Vancouver island

Company Notes:

Sepp's® Gourmet Foods produces value-added, specialty frozen foods for the freezer, bakery and deli sections of retail grocery stores and for the food service sector. Sepp's three manufacturing facilities in Canada produce great tasting, convenient food products under the Sepp's brand as well as under other brands. Feel free to contact us about our private label capabilities. With AIB certification, USDA/CFIA approved HACCP facilities, Kosher certification, and organic certification, Sepp's is able to provide a broad range of private label products. Please see our website at www.seppsfoods.com.

Products Available:

Foodservice Apple Filled Pancakes - Year Round

96 packs.

Foodservice Blueberry Filled Pancakes - Year Round

48 packs.

Foodservice Blueberry Pancakes - Year Round

60 packs. 225 packs mini.

Foodservice Blueberry Waffles - Year Round

48 or 96 packs.

Foodservice Buttermilk Pancakes - Year Round

60 packs.

Foodservice Homestyle French Toast - Year Round

48 packs.

Foodservice Homestyle Waffles - Year Round

48 or 96 packs.

Sugar Plum Desserts - 604-534-2282

Contact: Tony or Bev Hartzenberg

Toll Free:

Phone: 604-534-2282

Cell:

Fax:

Email: bev@sugarplumdesserts.com

Website: <http://www.sugarplumdesserts.com>

Address:

Bldg#5 - 20381 62nd Ave.

Langley, BC

V3A 5E6

Regions Supplied: Lower mainland

Company Notes:

Sugarplum Desserts is a local, family-owned and operated BC company. Growing steadily from our debut in 1984, we now serve more than 60 varieties of quality desserts. Our specialties include a wide selection of baked cheesecakes, mousse cakes, layered cakes, pre-portioned ready-to-bake cookie dough pucks, and thaw-and-served baked cookies. We make the majority of our dessert products from scratch at our modern facility in Langley, BC. Over 50% of the ingredients used in our products are locally processed. We focus on developing products with high quality, natural ingredients. Our emphasis on quality is the cornerstone of our success and ensures our products meet the demands of today's discerning consumers. All our cakes are uniquely hand decorated, and our premium lines feature signature chocolate decorations, real whipped creams and scratch-made butter creams. Sugarplum is unique in that we are able to provide hand-decorated, customized cakes in different package sizes to large food service distributors, thereby providing more choice and differentiation for their customers' changing desires. We also work closely with smaller distributors and retailers to provide the exact dessert products they require. Finished products can be flash-frozen for maximum freshness and held in cold storage for shipment across Canada. The frozen shelf life is 9 months and the refrigerated shelf life is 3 to 5 days.

Products Available:

Custom Cakes - Year Round

Uniquely hand decorated, and scratch-made butter creams.

Cheesecakes - Year Round

All natural ingredients. Baked and filled with seasonal fruits, topped with fruits or real whipped cream. Hand decorated and available in all sizes.

Cookie Dough Pucks - Year Round

Chocolate Chip, oat raisin pumpkin seed, double chocolate, pecan chocolate chip, macadamia white chocolate chunks, oat raising, peanut butter, ginger and pistachio double chocolate. In 1, 2 and 3 oz pucks.

Tortes - Year Round

Tall three layer cakes filled and topped with pastry creams or real dairy cream. In 6" to 10" sizes.

The Brothaus Bakery Ltd. - 604-826-2829

Contact: Allison Whipple
Toll Free:
Phone: 604-826-2829
Cell:
Fax: 604-826-4174
Email: allisonshipple@telus.net
Website:

Address:
#11-32912 Mission Way
Mission, BC
V2V 5X9

Regions Supplied: Lower mainland

Company Notes:
Most of our products have no preservatives, fats, oils, sugars or dairy.

Products Available:

Spelt Cookies - Year Round

This cookie is a real phenomenon. It is low in fats, sugars and has a wonderful flavour.

Artisan Breads - Year Round

We have artisan breads, and all of our breads are hand rolled and baked in an oven straight from Germany. It is a stone deck and we have the ability to push steam through our products, which makes a wonderful end product.