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## Contents

<b>Cascadia Bakery - 250-380-6606 .....</b>	<b>2</b>
<b>Charelli's Delicatessen &amp; Catering - 250-598-4794 .....</b>	<b>3</b>
<b>Energy Essentials 24/ 7 Inc. - 604-818-6760 .....</b>	<b>4</b>
<b>European Breads Bakery - 604-879-5177 .....</b>	<b>5</b>
<b>Great Gyros &amp; Foods - 604-594-4970 .....</b>	<b>7</b>
<b>Her Majesty's Pie Company - V7P3H1.....</b>	<b>8</b>
<b>Lake Country Harvest - 250-766-1373.....</b>	<b>9</b>
<b>Nature's Path Foods Inc. - 604-248-8777 .....</b>	<b>11</b>
<b>Nonuttin' Foods Inc. - 866-714-5411 .....</b>	<b>15</b>
<b>Saskatoon Berry Farm - 250-743-1189 .....</b>	<b>17</b>
<b>Sepp's Gourmet Foods Ltd. - 604-574-3288 .....</b>	<b>18</b>
<b>The Tartan Pie - 250-713-1784 .....</b>	<b>19</b>

# Company results for 'Bakery Items' under 'Vancouver island'

## Cascadia Bakery - 250-380-6606

**Contact:** Zoe O'Doherty

**Toll Free:**

**Phone:** 250-380-6606

**Cell:**

**Fax:** 250-598-9523

**Email:** [cascadiabakery@shaw.ca](mailto:cascadiabakery@shaw.ca)

**Website:**

**Address:**

1812 Government Street

Victoria, BC

V8T 4N5

**Regions Supplied:** Vancouver island

### Company Notes:

All products are made with 100% all-natural ingredients. Breads are hand formed, made with 100% organic whole grain flours. Wholesale prices are available. We also supply a large selection of cookies, bars and cakes. Vegan and wheat-free options are also available.

### Products Available:

#### Vegan Brownies - Year Round

One of our top sellers. A delicious fudgy brownie made without animal products.

#### Hand Mixed Muffins - Year Round

Several varieties baked fresh daily. Blueberry Wheatgerm, Apricot Oat, Raspberry Streusel, and many others.

#### Rosemary Garlic Focaccia -

Hand rolled with fresh rosemary and olive oil. Makes great paninis or soup bread, does not require butter or extra oil. Approximate weight 545 grams.

#### Sourdough - Year Round

Hand formed, made with 11-year-old starter for that real sourdough flavour. 650 grams.

# Charelli's Delicatessen & Catering - 250-598-4794

**Contact:** Carmen Lassooij  
**Toll Free:**  
**Phone:** 250-598-4794  
**Cell:**  
**Fax:**  
**Email:** [info@charellis.com](mailto:info@charellis.com)  
**Website:** <http://www.charellis.com>

**Address:**  
2863 Foul Bay Road  
Victoria, BC  
V8R 5G5

**Regions Supplied:** Vancouver island

## Company Notes:

Charelli's Delicatessen is the biggest smallest cheese shop in Victoria! Within our 300 square feet we offer the largest selection of cheeses and specialty food items from around the world. And we want more! With deep European roots, we pride ourselves in providing the highest quality products and a service second to none. From the moment you walk through the door of Charelli's, you'll feel and smell the old European Charm. Our goal with all of our items is to achieve a level of quality and uniqueness that simply cannot be found in a supermarket. If you long for that long-lost childhood taste or fancy eating an unpronounceable delicacy, just ask Carmen or Nicole and experience the magic of flavours.

## Products Available:

### Bonnie Bea's Oat Cakes -

Organically made oat cakes from Victoria, British Columbia.

### Bella Biscottini - Year Round

Savoury Biscotti from Victoria, British Columbia

### Little Qualicum Cheeses - Year Round

Locally produced cheese products from Vancouver Island

### Moonstruck Cheeses - Year Round

Locally produced cheese products from Saltspring Island

### Natural Pastures Cheeses - Year Round

Locally produced cheese products from Vancouver Island

### The Cannery - Year Round

Locally produced seafood items from British Columbia

### The Fishery - Year Round

Locally produced seafood items from Saltspring Island

## Energy Essentials 24/ 7 Inc. - 604-818-6760

**Contact:** Ali J. Chernoff

**Toll Free:**

**Phone:** 604-818-6760

**Cell:**

**Fax:**

**Email:** [ali@energyessentials24-7.com](mailto:ali@energyessentials24-7.com)

**Website:** <http://www.energyessentials24-7.com>

**Address:**

Vancouver, BC

**Regions Supplied:** Vancouver island

### **Company Notes:**

Unique Canadian natural low fat 7% M.F. Essential Cheese that melts well and is good for 9 months and up. For those with heart disease, this cheese is trans fat free and low in saturated fat as well as low fat. Essential Low Fat Natural 7% M.F. Cheese has the same overall fat content like 1% milk.

Our Pizza is organic and multigrain crust with Essential Cheese. Available all year long.

### **Products Available:**

Essential Cheese Pizza - Year Round

Organic Multigrain Essential Cheese Pizza

Essential Low Fat Natural 7% M.F. Cheese - Year Round

Unique, Natural, Organic Low Fat Cheese

# European Breads Bakery - 604-879-5177

**Contact:** Vera Kobalia

**Toll Free:**

**Phone:** 604-879-5177

**Cell:**

**Fax:**

**Email:** [info@europeanbreads.com](mailto: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 Aetes 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](mailto: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](mailto: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

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### Nonuttin' Granola Bars - Raisin - Year Round

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## 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](mailto: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](http://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.

## The Tartan Pie - 250-713-1784

**Contact:** Theresa Curtiss and Derek Kercher

**Toll Free:**

**Phone:** 250-713-1784

**Cell:**

**Fax:**

**Email:** [info@thetartanpie.com](mailto:info@thetartanpie.com)

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

**Address:**

1430 Errington Road

Errington, BC

V0R 1V0

**Regions Supplied:** Vancouver island

### **Company Notes:**

Meat and fruit pies with a tasty and flaky crust. Seasonal fruit varieties using local fruit when available. We bake in small batches using our original recipes.

### **Products Available:**

Sausage Rolls - Year Round

### **Fruit Flans and Fruit Pies - Year Round**

Fruit Flans and a variety of fruit pies. Seasonal fruit varieties using local fruit when available. Available fresh or frozen.

### **Meat Pies - Year Round**

Meat Pies with a tasty and flaky crust. Available fresh or frozen.