



# Ontario Natural Food Company

## April 2018 Buying Club Late Breaking

**New Lower Pricing!**

**Prices subject to change without notice. Prices apply to FULL CASES only unless where noted.**

**B**=biodegradable **C**=Canadian company **ct**=count **CSD**=case stack deal **D**=dairy free **EDLP**=everyday low pricing **F**=frozen **Gf**=gluten free **G**=GST **H**=HST(harmonized sales tax)  
**K**=kosher **M&M**=mix & match **NG**=Non-GMO Project Verified **NS**=Nova Scotia deposit fee **O**=certified organic **R**=refrigerated **T**=Fair Trade **W**=wheat free

| Tax F/R | Qty | Code | Description | Size | *Sngl | Case | Order |
|---------|-----|------|-------------|------|-------|------|-------|
|---------|-----|------|-------------|------|-------|------|-------|

### SMARTBITE SNACKS - Sub Codes

#### • Crispbread

##### Fit N' Light Crispbread - Egg-free, Fat-free, NON GMO, Vegan, Yeast-free

|       |  |               |   |           |  |       |              |
|-------|--|---------------|---|-----------|--|-------|--------------|
| CGIKO |  | <b>SMR070</b> | <b>Amarnath Plus (Sugar Free) - New</b> | 12 / 75 g |  | 28.35 |              |
| CGIKO |  | <b>SMR071</b> | <b>Buckwheat (Sugar Free) - New</b>     | 12 / 75 g |  | 28.35 |              |
| CGIKO |  | <b>SMR072</b> | <b>Quinoa Plus (Sugar Free) - New</b>   | 12 / 75 g |  | 28.35 |              |
| CGIKO |  | <b>SMR073</b> | <b>Veggie Garden (Sugar Free)- New</b>  | 12 / 75 g |  | 28.35 |              |
| CGIOW |  | SMR030        | Buckwheat                               | 28 / 75 g |  | 66.14 | sub w/SMR071 |
| CGIOW |  | SMR031        | Pro-Fitness                             | 28 / 75 g |  | 66.14 | sub w/SMR070 |
| CGIOW |  | SMR032        | Quinoa Plus                             | 28 / 75 g |  | 66.14 | sub w/SMR072 |
| CGIOW |  | SMR033        | Veggie Garden                           | 28 / 75 g |  | 66.14 | sub w/SMR073 |

#### • Fit Figure - Puffed Grain Thin Cakes - Full or Half Cases Only

##### Corn Cakes - NON GMO, Vegan

|      |  |               |                     |            |  |       |              |
|------|--|---------------|---------------------|------------|--|-------|--------------|
| CGIO |  | <b>SMR058</b> | <b>Quinoa - New</b> | 12 / 150 g |  | 38.61 |              |
| CGIO |  | SMR057        | Quinoa              | 12 / 150 g |  | 38.61 | sub w/SMR058 |

### STAHLBUSH ISLAND FARMS - Sub Codes

##### Vegetables - Non-GMO Verified

|   |     |               |   |            |  |       |              |
|---|-----|---------------|---|------------|--|-------|--------------|
| F | K   | <b>STH015</b> | <b>Multi-Coloured Cauliflower - New</b> | 12 / 300 g |  | 32.29 |              |
| F | KNG | STH012        | Tri-Coloured Cauliflower Florets        | 12 / 300 g |  | 32.29 | sub w/STH015 |

### TOFURKY (Turtle Island Foods) - Price Updates

##### Vegetarian Roasts, Feasts & Gravy - Non-GMO

|   |   |        |  |            |  |       |  |
|---|---|--------|--|------------|--|-------|--|
| F |   | TUR013 | Roast Ham Style                            | 6 / 539 g  |  | 79.93 |  |
| F | K | TUR005 | Tofurky Mushroom "Giblet" Gravy - Seasonal | 8 / 414 ml |  | 46.18 |  |

##### Tofurky Vegetarian Roasts, Feasts & Gravy

|   |   |        |   |             |  |        |  |
|---|---|--------|---|-------------|--|--------|--|
| F | K | TUR011 | Vegetarian Tofurky Feast for 6<br><i>1 Roast, Organic Chocolate Cake, Herbed Brown &amp; Wild Rice Stuffing, 2 Wishstix, "Giblet" Gravy</i> | 6 / 1.59 kg |  | 184.73 |  |
|---|---|--------|---|-------------|--|--------|--|

##### Vegetarian Gourmet Deli Slices

|   |   |        |          |            |  |       |  |
|---|---|--------|----------|------------|--|-------|--|
| R | K | TUR104 | Peppered | 12 / 156 g |  | 47.56 |  |
|---|---|--------|----------|------------|--|-------|--|

## BELOW SKUS NOW AVAILABLE IN SINGLES

### NAVITAS NATURALS - Price Update

#### • Baking Products

##### Cacao Beans & Powder - Non-GMO Verified, Raw, Vegan

|        |  |        |              |           |       |        |  |
|--------|--|--------|--------------|-----------|-------|--------|--|
| GIKNGO |  | NVT007 | Cacao Powder | 6 / 454 g | 19.37 | 116.22 |  |
|--------|--|--------|--------------|-----------|-------|--------|--|

##### Coconut Palm Sugar - Non-GMO Verified, Vegan

|        |  |        |               |           |      |       |  |
|--------|--|--------|---------------|-----------|------|-------|--|
| GIKNGO |  | NVT064 | Coconut Sugar | 6 / 454 g | 7.39 | 44.36 |  |
|--------|--|--------|---------------|-----------|------|-------|--|

#### • Super Foods & Snacks

##### Goji & Chia - Non-GMO Verified, Raw, Vegan

|        |  |        |              |           |       |        |  |
|--------|--|--------|--------------|-----------|-------|--------|--|
| GIKNGO |  | NVT131 | Chia Seeds   | 6 / 454 g | 12.18 | 73.05  |  |
| GIKNGO |  | NVT012 | Goji Berries | 6 / 454 g | 26.65 | 159.89 |  |

##### Super Foods - Non-GMO Verified

|      |  |        |                         |           |       |        |  |
|------|--|--------|-------------------------|-----------|-------|--------|--|
| KONG |  | NVT032 | Maca Gelatinized Powder | 6 / 454 g | 26.58 | 159.48 |  |
|------|--|--------|-------------------------|-----------|-------|--------|--|

##### Super Foods - Raw, Vegan

|      |  |        |                  |           |       |        |  |
|------|--|--------|------------------|-----------|-------|--------|--|
| KONG |  | NVT033 | Maca Root Powder | 6 / 454 g | 21.89 | 131.34 |  |
|------|--|--------|------------------|-----------|-------|--------|--|

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### Gray Ridge Egg Farms - NEW - Price Update

**• Conestoga**

**Free Run, Omega 3**

|   |   |        |                        |            |      |       |  |
|---|---|--------|------------------------|------------|------|-------|--|
| R | C | GRY001 | Large Brown 12's - New | 15 / 12 ct | 4.41 | 66.11 |  |
| R | C | GRY002 | Large White 12's - New | 15 / 12 ct | 4.28 | 64.23 |  |

**Free Range**

|   |    |        |                               |            |      |       |  |
|---|----|--------|-------------------------------|------------|------|-------|--|
| R | CO | GRY010 | Medium Brown 12's - New       | 15 / 12 ct | 5.07 | 76.10 |  |
| R | CO | GRY011 | Organic Jumbo Brown 6's - New | 24 / 6 ct  | 3.55 | 85.17 |  |

**Free Run on the Run**

|   |    |        |                            |              |      |       |  |
|---|----|--------|----------------------------|--------------|------|-------|--|
| R | CK | GRY030 | Hard Boiled & Peeled - New | 12 / 3 x 2ct | 2.36 | 29.17 |  |
|---|----|--------|----------------------------|--------------|------|-------|--|

**• Gold Egg**

**Organic**

|   |    |        |                           |            |      |       |  |
|---|----|--------|---------------------------|------------|------|-------|--|
| R | CO | GRY050 | Large Brown 12's - New    | 15 / 12 ct | 6.31 | 94.63 |  |
| R | CO | GRY051 | X- Large Brown 12's - New | 15 / 12 ct | 6.47 | 97.12 |  |

**Free Run**

|   |   |        |                        |            |      |       |  |
|---|---|--------|------------------------|------------|------|-------|--|
| R | C | GRY060 | Large Brown 12's - New | 15 / 12 ct | 4.68 | 70.19 |  |
|---|---|--------|------------------------|------------|------|-------|--|

**Free Run, Liquid Egg**

|   |   |        |                  |           |      |       |  |
|---|---|--------|------------------|-----------|------|-------|--|
| R | C | GRY070 | Egg Whites - New | 12 / 500g | 3.00 | 36.00 |  |
|---|---|--------|------------------|-----------|------|-------|--|

### OAK MANOR - Price Update

**• Cereals, Flakes, Meals, Flour, etc.**

**Flour, Organic - 5 kg**

|  |    |        |                                 |          |       |       |  |
|--|----|--------|---------------------------------|----------|-------|-------|--|
|  | CO | OAK168 | Spelt, Unbleached               | 4 / 5 kg | 24.75 | 99.00 |  |
|  | CO | OAK167 | Spelt, Whole Grain, All Purpose | 4 / 5 kg | 23.15 | 92.62 |  |
|  | CO | OAK166 | Unbleached Cake & Pastry        | 4 / 5 kg | 19.37 | 77.46 |  |
|  | CO | OAK169 | Unbleached, All Purpose         | 4 / 5 kg | 19.30 | 77.18 |  |

**Wheat Flour, Organic - 5 kg**

|  |    |        |                                 |          |       |       |  |
|--|----|--------|---------------------------------|----------|-------|-------|--|
|  | CO | OAK163 | Unbleached, Hard Bread          | 4 / 5 kg | 19.30 | 77.18 |  |
|  | CO | OAK165 | Whole Wheat Cake & Pastry, Soft | 4 / 5 kg | 19.37 | 77.46 |  |
|  | CO | OAK164 | Whole Wheat Hard Bread          | 4 / 5 kg | 19.30 | 77.18 |  |

### SMALL FLOCK'S DELIGHT EGGS - Price Update

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

|   |   |        |                  |             |      |        |  |
|---|---|--------|------------------|-------------|------|--------|--|
| R | C | SFL001 | Extra Large Eggs | 15 / 1 doz. | 7.10 | 102.53 |  |
| R | C | SFL002 | Large Eggs       | 15 / 1 doz. | 6.69 | 98.73  |  |
| R | C | SFL003 | Medium Eggs      | 15 / 1 doz. | 5.75 | 85.44  |  |

### VITA EGGS - Price Update

**Free Run Eggs, Large**

|   |    |        |                      |             |      |       |  |
|---|----|--------|----------------------|-------------|------|-------|--|
| R | CK | VTE005 | Free Run, Large Eggs | 15 / 1 doz. | 5.07 | 71.20 |  |
|---|----|--------|----------------------|-------------|------|-------|--|

**Organic Free Run Eggs**

|   |     |        |            |             |      |       |  |
|---|-----|--------|------------|-------------|------|-------|--|
| R | COK | VTE001 | Large Eggs | 15 / 1 doz. | 6.77 | 95.13 |  |
| R | COK | VTE002 | Large Eggs | 15 / 2x6 ct | 6.92 | 97.22 |  |

### YORKSHIRE VALLEY FARMS - Price Update

**Brown Eggs**

|   |    |        |             |             |      |        |  |
|---|----|--------|-------------|-------------|------|--------|--|
| R | CO | YSF001 | Large Eggs  | 15 / 1 doz. | 7.20 | 105.37 |  |
| R | CO | YSF002 | Medium Eggs | 15 / 1 doz. | 6.50 | 95.13  |  |