

# Ontario Natural Food Company

## October 2017 Buying Club Late Breaking

September Specials for Deliveries: Sept 4 - Oct 6. October Specials for Deliveries: Oct 9 - Nov 3

**Buy a case and save on average 4%. Prices subject to change without notice.**

**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**

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### AVAFINA ORGANICS - New Deal

#### October Line Drive - Full Cases Only

##### Grains, in pouch - Raw, Vegan

CGFKNGO	MNS005	Red Quinoa	6 / 425 g	7.94	44.85			15%		38.12
CGFKNGO	MNS006	Tricolor Quinoa	6 / 425 g	7.94	44.85			15%		38.12
CGFKNGO	MNS007	White Quinoa	6 / 425 g	7.22	40.79			15%		34.67

##### Seeds, in pouch - Raw, Vegan

CGFKNGO	MNS008	Black Sesame	6 / 350 g	5.58	31.53			15%		26.80
CGFKNGO	MNS001	Chia	6 / 380 g	7.94	44.85			15%		38.12
CGFKNGO	MNS002	Flax	6 / 380 g	4.38	24.74			15%		21.03
CGFKNGO	MNS003	Hemp	6 / 275 g	13.04	73.62			15%		62.58
CGFKNGO	MNS004	Pumpkin	6 / 320 g	7.22	40.79			15%		34.67
CGFKNGO	MNS010	Sunflower	6 / 300 g	4.38	24.74			15%		21.03
CGFKNGO	MNS009	White Sesame	6 / 350 g	5.38	30.38			15%		25.82

### BLUE MONKEY - Revised Tax Status

#### • Coconut Water - Full Cases Only

##### Coconut Water - Full Cases Only

BD	Gf	BLM001	Coconut	24 / 330 ml	42.60					
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##### Coconut Water - Full Cases Only

BD	Gf	BLM003	Coconut	24 / 520 ml	59.41					
BD	Gf	BLM002	Coconut w/Pulp	24 / 520 ml	59.41					

##### 100% Natural Coconut Water, Not from Concentrate - GMO-free - Full Cases Only

BD	GfKO	BLM004	Organic Coconut Water - UHT	12 / 1 L	65.04					
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##### Sparkling Coconut Water - Halal, Non-GMO, Not from Concentrate (Unavailable in Quebec)

H, BD		BLM005	Key Lime	12 / 330 ml	21.12					
H, BD		BLM006	Kiwi	12 / 330 ml	21.12					
H, BD		BLM007	Mango	12 / 330 ml	21.12					
H, BD		BLM008	Natural	12 / 330 ml	21.12					
H, BD	Gf	BLM009	Watermelon	12 / 330 ml	21.12					

### CHA'S ORGANICS (formerly ARAYUMA) - New Deal

#### Fruit in Juice - BPA-free, Non-GMO

CGfKO	<b>ARA081</b>	<b>Mango Chunks - New</b>	12 / 400 ml	5.42	58.79			10%	4.88	52.91
CGfKO	<b>ARA082</b>	<b>Pineapple Chunks - New</b>	12 / 400 ml	5.42	58.79			10%	4.88	52.91
CGfKO	<b>ARA083</b>	<b>Sweet Jackfruit - New</b>	12 / 400 ml	5.42	58.79			10%	4.88	52.91
CGfKO	<b>ARA084</b>	<b>Tropical Fruit - New</b>	12 / 400 ml	5.42	58.79			10%	4.88	52.91

#### Coconut Milk

	<b>ARA080</b>	<b>Premium Coconut Milk - New</b>	1 / 2.5 L	26.61				10%	23.95	
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#### • BULK / FOOD SERVICE - Revised Quality

##### Culinary Spices

CGfKOTW	ARA158	Cumin Seed, Ground	1 / 500 g	16.94						
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### CHOCOSOL - New Subcodes

#### Eating Chocolate - Full Cases Only

H	C	CST020	Darkness	12 / 75 g		50.71	sub w/ CST026			
H	C	CST021	Five Chili Bullet	12 / 75 g		50.71	sub w/ CST027			
H	C	CST023	Luscious Coconut	12 / 75 g		50.71	sub w/ CST028			
H	C	CST024	Sinfully Raw Vanilla	12 / 75 g		50.71	sub w/ CST029			
H	GfO	CST025	Vanilla SeaSalt	12 / 75 g		50.71	sub w/ CST030			

#### Dark Chocolate Bar - Full Cases Only

H	CDGf	<b>CST026</b>	<b>Darkness - New</b>	12 / 64 g		50.70				
H	CDGf	<b>CST027</b>	<b>Five Chili Bullet - New</b>	12 / 65 g		50.70				
H	CDGf	<b>CST028</b>	<b>Luscious Coconut - New</b>	12 / 65 g		50.70				
H	CDGf	<b>CST029</b>	<b>Sinfully Raw Vanilla - New</b>	12 / 65 g		50.70				
H	CDGf	<b>CST030</b>	<b>Vanilla Sea Salt - New</b>	12 / 65 g		50.70				

### ENJOY LIFE - Extended Deal

#### • Baking

#### Chocolate Chips - Snack Pack - Milk-free, Soy-free, Vegan

DGfKNG	<b>ENJ032</b>	<b>Dark Chocolate - New</b>	6 / 12x28 g	7.81	39.05					15%	33.19
DGfKNG	<b>ENJ033</b>	<b>Semi Sweet Mini Chips - New</b>	6 / 12x28 g	7.81	39.05					15%	33.19

#### • Chips

#### Plentils Lentil Chips - Nut-free, Vegan - Full Cases Only

H	DGfKNGW	<b>ENJ008</b>	<b>Moroccan Style Spice - New</b>	12 / 113 g		40.99				15%	34.84
H	GfKNGW	<b>ENJ009</b>	<b>Thai Style Chili Lime - New</b>	12 / 113 g		40.99				15%	34.84

#### Plentils Lentil Chips, Snack Size - Nut-free, Vegan - Full Cases Only

H	DGfKNGW	<b>ENJ018</b>	<b>Moroccan Style Spice - New</b>	24 / 23 g		30.81				15%	26.19
H	DGfKNGW	<b>ENJ019</b>	<b>Thai Style Chili Lime - New</b>	24 / 23 g		30.81				15%	26.19

#### • Snack & Dessert Bars - New Subcodes

#### Snack Bar - Milk-free, Nut-free

H	DGfKNGW	ENJ060	Caramel Apple	6 / 141 g	4.92	24.59	sub w/ ENJ059			10%	22.13
H	DGfKNGW	ENJ061	Cocoa Loco	6 / 141 g	4.92	24.59	sub w/ ENJ078			10%	22.13
H	DGfKNGW	ENJ063	Sunseed Crunch	6 / 141 g	4.92	24.59	sub w/ ENJ079			10%	22.13

#### Snack Bar - Milk-free, Nut-free

H	GfKNGW	<b>ENJ059</b>	<b>Caramel Apple - New</b>	6 / 165 g	4.92	24.59				15%	20.90
H	GfKNGW	<b>ENJ078</b>	<b>Cocoa Loco (Vegan) - New</b>	6 / 165 g	4.92	24.59				15%	20.90
H	GfKNGW	<b>ENJ079</b>	<b>Sunseed Crunch - New</b>	6 / 165 g	4.92	24.59				15%	20.90

### GNUDSEN / SANTA CRUZ - New Subcodes

#### • Knudsen Juice, in glass - Full Cases Only

#### Fruit Juice & Juice Blends

BD	ONG	KNU108	Concord Grape Juice	12 / 945 ml		71.77	sub w/ KNU110			
BD	ONG	KNU109	Grapefruit Juice	12 / 945 ml		71.77	sub w/ KNU111			

#### Fruit Juice & Juice Blends

BD	O	<b>KNU110</b>	<b>Concord Grape - New</b>	6 / 946 ml		42.08				
BD	O	<b>KNU111</b>	<b>Grapefruit - New</b>	6 / 946 ml		42.08				

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**Just Juice**

BD	NG	KNU080	Just Blueberry	12 / 946 ml		124.91	sub w/ KNU082			
BD	NG	JUI109	Just Cranberry	12 / 946 ml		124.91	sub w/ JUI110			
BD	NG	KNU081	Just Pomegranate	12 / 946 ml		124.91	sub w/ KNU083			
BD	ONG	KNU061	Just Tart Cherry, Organic	12 / 946 ml		124.91	sub w/ KNU063			
BD	ONG	JUI111	Prune Juice	12 / 946 ml		124.91	sub w/ JUI112			

**Just Juice**

BD	NG	<b>KNU082</b>	<b>Just Blueberry - New</b>	6 / 946 ml		68.44				
BD	NG	<b>JUI110</b>	<b>Just Cranberry - New</b>	6 / 946 ml		68.44				
BD	NG	<b>KNU083</b>	<b>Just Pomegranate - New</b>	6 / 946 ml		68.44				
BD	O	<b>KNU063</b>	<b>Just Tart Cherry, Organic - New</b>	6 / 946 ml		68.44				
BD	O	<b>JUI112</b>	<b>Prune - New</b>	6 / 946 ml		68.44				

**Just Juice**

BD	ONG	KNU060	Just Cranberry, Organic	12 / 946 ml		167.74	sub w/ KNU062			
BD	O	<b>KNU062</b>	<b>Just Cranberry, Organic - New</b>	6 / 946 ml		89.79				

**LAKWOOD JUICES - Revised Quality**

**Pure Juice, Not from Concentrate, in glass - Full Cases Only**

BD	KO	LAK007	Blueberry	12 / 946 ml		156.58				
BD	KO	LAK008	Cranberry	12 / 946 ml		156.58				
BD	KO	LAK020	Lemon, cold pressed	12 / 370 ml		58.26				
BD	KO	LAK021	Lime, cold pressed	12 / 370 ml		58.26				

**LIVE KOMBUCHA - Now Available in Maritime Provinces**

**Kombucha, in glass - (Unavailable in Quebec) - Full Cases Only**

H, BD R	CO	LIV004	Citrus Heat	6 / 375 ml		19.53				
H, BD R	CO	LIV001	Lemon Ginger	6 / 375 ml		19.53				
H, BD R	CO	LIV003	Naked Blend	6 / 375 ml		19.53				
H, BD R	CO	LIV002	Orange Oolong	6 / 375 ml		19.53				

**MORI NU - Revised Quality**

**Tofu - UHT - Shelf Stable**

K		MRN013	Soft	12 / 340 g	2.58	27.44				
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**OMEGA NUTRITION - Revised Tax Status**

**Pumpkin Seed Oil, Protein Powder & Spread**

H	CGFKO	OMN018	Pumpkin Protein Powder	6 / 600 g	29.19	155.04				15%	24.81	131.78
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**• BULK / FOOD SERVICE - Revised Quality**

**Coconut Oil, Culinary**

CKO		OMN006	Coconut Oil	4 / 3.17 kg	56.20	198.98						
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**PRAIRIE HARVEST - Revised Quality**

**• BULK / FOOD SERVICE**

**Semolina Pasta**

CKO		PRH015	10" Spaghetti	1 / 4.54 kg	33.91							
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<b>STAHLBUSH ISLAND FARMS - Revised Description</b>										
• Frozen										
<u>Vegetables - Non-GMO Verified</u>										
F	KNG	STH003	Whole Kernel Corn	12 / 350 g	3.88	38.77	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	10%		34.89