

# Spring Case Lot Sale - April 20-25 /09

Active Members Only - while quantities last

- |     |  |                                  |  |
|-----|--|----------------------------------|--|
| 1.  | <b>Lundberg Basmati Rice - Eco farmed 11.34kg</b><br>White <b>45.99</b> reg 61.79<br>Brown <b>37.99</b> reg 52.00  | 12.                              | <b>Spectrum Culinary Canola Oil 6/750ml</b><br><b>37.99</b> reg 51.90  |
| 2.  | <b>Lundberg Long Grain Brown Rice</b><br>Organic 11.34kg <b>45.99</b> reg 63.39  | 13.                              | <b>Yves Veggie Cuisine Organic</b><br>Canned Whole Beans 12/398ml<br>Black - Garbanzo - Kidney - Pinto<br><b>23.49</b> reg 31.80                     |
| 3.  | <b>Short Grain Brown Rice</b><br>Eco farmed 11.34kg <b>31.99</b> reg 42.95   | 14.                              | <b>Dolmades 2kg</b> <b>6.99</b> reg 9.99   |
| 4.  | <b>Prairie Harvest Pasta 4.54kg - Organic</b><br>Spaghetti<br>Small Shells <b>24.49</b> reg 31.70<br>Penne Rigate  | 15.                              | <b>Superior Kalamata Olives 3L</b><br><b>9.99</b> reg 12.75  |
| 5.  | <b>Taste Adventure Bean Flakes 4.54kg</b><br>Black Bean - Pinto Bean <b>51.99</b> reg 71.65  | <b>Personal Care</b>             |  |
| 6.  | <b>Tinkyada Brown Rice Pasta 4.54 kg</b><br>Spaghetti<br>Elbows <b>24.49</b> reg 31.70<br>Spirals  | 15.                              | <b>Mountain Sky Soaps - combo pack of 6</b><br><b>15.99</b> reg 21.54  |
| 7.  | <b>Artesian Acres Kamut Pasta - Organic - 5 kg</b><br>Spaghetti - Rotini <b>27.99</b> reg 36.75  | 16.                              | <b>Jason Toothpastes - mix n' match 6 packs</b><br>Power Smile - Healthy Mouth - Sea Fresh<br>Cinnamon Mint - Vanilla Mint<br><b>24.99</b> reg 38.34 |
| 8.  | <b>Bio Vert Laundry Liquid 10L</b><br><b>29.99</b> reg 39.99   | 17.                              | <b>Emergen-C - cases of 36 sachets</b><br><b>19.99</b> reg 28.79   |
| 9.  | <b>Bio Vert Dishwashing Liquid - 10L</b><br><b>24.99</b> reg 34.99   | 18.                              | <b>Organic Hawaiian Spirulina pwdr 1 lb tubs</b><br><b>32.99</b> reg 44.39   |
| 10. | <b>Thai Kitchen Organic Coconut Milk</b><br>Premium - Lite 12/400ml <b>25.99</b> reg 35.88   | 19.                              | <b>Organic Goji Berries 500g</b><br><b>16.49</b> reg 27.89   |
| 11. | <b>Soken Ramen Noodles 12/85g</b><br>Brown Rice w. Miso<br>Spicy Dragon (Szechaun) <b>21.00</b> reg 28.20<br>Bengal Tiger Curry (Hot, Spicy)<br>Spinach w/Jinenjo Potato | 20.                              | <b>Organic Cacao Nibs 454g</b><br><b>13.99</b> reg 23.54   |
|     |  | <b>Certified Organic Produce</b> |  |
|     |  | 21.                              | <b>Apples: Gala, Sweet Orin, Fuji 10lb</b> <b>7.99 ea</b>  |
|     |  | 22.                              | <b>Russet Potatoes- Spicer Farms 5lb</b> <b>4.99 ea</b>  |
|     |  | 23.                              | <b>Beets- Spicer Farms 5lb</b> <b>4.99 ea</b>  |
|     |  | 24.                              | <b>Valencia Oranges 4lb</b> <b>3.49 ea</b>   |
|     |  | 25.                              | <b>Haden Mangos cs/10</b> <b>15.99 ea</b>  |

**Celebrate  
Earth Day  
Buy bulk,  
buy Canadian,  
buy local**