

WHOLESALE FOOD & GRAIN ORDER 2020 Deadline for order and payment is **Friday September 4th, 2020****OUR INFORMATION HAS CHANGED THIS YEAR, PLEASE READ THE FOLLOWING CAREFULLY**Orders can be called in at **250-701-0864**, emailed to **scoopsnatural@gmail.com** or mailed in.Please make cheques payable to **PAM STILES** and mail to**Scoops Natural Foods, 1825 FALCON CRESCENT, COWICHAN BAY, BC V0R1N1****Credit cards are not accepted. However, we will accept e-transfers (call/email for more information)****PICK UP - DUNCAN ONLY AT: UNIT H1 - 4970 POLKEY ROAD, DUNCAN (Directions are available via google maps. The unit is located ACROSS THE HIGHWAY from the Red Barn Farm Market).****PICK UP DATES: Thursday Sept. 24th, Friday Sep. 25th & Saturday Sept. 26th from 9am to 5pm****PLEASE NOTE: Despite our best efforts, prices are subject to change. In the case of price changes we will inform you ASAP.**

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|--|--------|--|--------|--|-------|
| Org. Hard White Wheat 20 Kg (BC) | 56.00 | Sesame seeds, 5kg. | 41.00 | Himalayan Crystal Salt - Fine 10kg | 48.00 |
| Org. Hard Red Spring Wheat 20 Kg (BC) | 54.00 | Sunflower Seeds, raw hulled, 5 kg. | 31.00 | Himalayan Crystal Salt - Coarse 10kg | 48.00 |
| Org. Red Fife Wheat (Heritage) 20Kg | 59.00 | Flax Seed, 5 kg. | 28.00 | Org. Turmeric Root Powder 1kg (India) (Gathering Place) | 35.00 |
| Org. Rye 20 kg (BC) | 52.00 | Long Brown Rice, 10kg | 38.00 | Org. Cinnamon True (Ceylon) - Powder 1kg (Gathering Place) | 35.00 |
| Org. Hulled barley 20Kg (BC) | 62.00 | Short Brown Rice, 10kg | 51.00 | Org. Basil 1lb | 18.00 |
| Org. Soft Wheat 20 Kg (BC) Suitable for pastries, cakes etc | 54.00 | White Basmati Rice, 5kg. | 18.00 | Org. Bay Leaves 1/4lb | 15.00 |
| Org. Kamut 20 Kg (BC) | 63.00 | Brown Basmati Rice, 5kg | 17.00 | Org. Cayenne Pepper 1lb | 23.00 |
| Org. Spelt 20 Kg (BC) | 70.00 | Millet 5 kg. | 29.00 | Org. Chili Pepper Crushed 1lb | 22.00 |
| Org. Quinoa 11.34 kg. (Peru/Bolivia) | 90.00 | Oat Groats 22.7 kg. | 38.00 | Org. Chipotle Powder 1lb | 35.00 |
| Org. Buckwheat Hulled Raw 20 Kg (CDN) | 140.00 | Steel cut oats 22.7 kg. | 38.00 | Org. Cilantro 1lb | 30.00 |
| Org. Hulled Oats 20 kg. (BC) | 70.00 | Pot Barley 10 kg. | 31.00 | Org. Cumin Ground 1lb | 21.00 |
| Org. Quick Oats, 11.34 kg. (CDN) | 42.00 | Rolled Oats lg. flake 11.34 kg. | 32.00 | Org. Dill Weed 1/2lb | 23.00 |
| Org. Quick Oats, 22,7 kg. (CDN) | 64.00 | Rolled Oats lg. flake 22.7 kg. | 42.00 | Org. Fennel Seed 1lb | 18.00 |
| Org. Rolled Oats, lg. flake, 10 kg. (CDN) | 42.00 | Quick Oats, 11.34 kg. | 32.00 | Org. Garlic Granules 1lb | 22.00 |
| Org. Rolled Oats, lg. flake, 22.7 kg (CDN) | 64.00 | Quick Oats 22.7 kg. | 42.00 | Org. Garlic Powder 1lb | 22.00 |
| Org. Gluten Free Rolled Oats 11.34kg (CDN/US) | 80.00 | Multimix- 3 kg. 9 grains (no wheat) | 40.00 | Org. Ginger Ground 1lb | 22.00 |
| Org. Popcorn 11.34 kg. (USA) | 65.00 | Pinto Beans 11.34 kg. | 50.00 | Org. Marjoram Leaves 1/2lb | 18.00 |
| Org. Hulled Millet 11.37 kg. (USA) | 62.00 | Small Red Chili Beans 11.34 kg. | 45.00 | Org. Mustard Seed Ground Yellow 1lb | 17.00 |
| Org. Long Brown Rice 11.34 Kg | 82.00 | White Navy Beans, 11.34 kg. | 46.00 | Org. Mustard Seed Ground Brown 1lb | 19.00 |
| Org. Short Brown Rice 11.34 Kg | 74.00 | Chick Peas 10 kg. | 40.00 | Org. Mustard Seed Whole Brown 1lb | 15.00 |
| Org. Basmati Brown Rice 11.34 kg. | 93.00 | Green Lentils, 10 kg, | 41.00 | Org. Mustard Seed Whole Yellow 1lb | 15.00 |
| Org. Basmati White Rice 11.34 kg. | 104.00 | Red Split Lentils, 10 kg | 41.00 | Org. Onion Powder 1lb | 20.00 |
| Org. Pinto beans, 11.34 kg. (USA) | 80.00 | Green Split Peas, 10 kg. | 30.00 | Org. Oregano 1lb | 25.00 |
| Org. Black Bean 11.34 kg. (CHN) | 58.00 | Dried Cranberries (Craisins) 10lbs. | 52.00 | Org. Paprika 1lb | 23.00 |
| Org. Chick Peas 11.34 kg. (USA) | 80.00 | Iranian Pitted dates 10 kg | 43.00 | Org. Paprika Smoked 1lb | 24.00 |
| Org. White Navy Beans, 11.34 kg. (USA) | 86.00 | Jumbo Chilean Thomp. raisins, Dark 10 kg. | 61.00 | Org. Parsley 1/2lb | 18.00 |
| Org. Green Lentils, 11.34 kg. (CDN) | 72.00 | Coconut, med des. unsweetened 5kg | 46.00 | Org. Pepper Ground Black 1lb | 30.00 |
| Org. Red Split Lentils 11.34 kg (Turkey) | 72.00 | Coconut Chips, ribbon cut, unsweetened 5kg | 45.00 | Org. Peppercorn Whole Black 1lb | 27.00 |
| Org. Green Split Peas, 11.34 kg. (USA) | 60.00 | Chocolate chips, pure, 3 kg | 39.00 | Org. Sage Ground 1lb | 25.00 |
| Org. Brown Flax 11.34 kg. (CDN) | 62.00 | Callebault choc. Dark 2.5kg | 43.00 | Org. Star Anise Whole 1lb | 24.00 |
| Org. Sunflower, raw hulled, 11.34 kg. (BULGARIA) | 54.00 | Callebault choc. Milk 2.5kg | 45.00 | Org. Thyme Leaves Whole 1/2lb | 17.00 |
| Org. Unbleached White Flour 10 kg (CDN) | 48.00 | Vegelele 21 oz. (Cooking Spray) | 20.00 | Org. Tarragon 1/4lb | 19.00 |
| Org. Fine Spelt Flour 11.34 kg (CDN) | 68.00 | Dutch Cocoa 12% 5 Kg. | 60.00 | All Purpose Seasoning "salt free" 1lb | 21.00 |
| Org. Cane Sugar 11.34kg (Paraguay) | 56.00 | Chia Seeds, white 5Kg. | 61.00 | BBQ Rub Seasoning 1lb | 25.00 |
| Org. Thompson Raisins 13.61 kg | 120.00 | Tapioca Starch 5kg | 24.00 | Chili Powder (Blend) 1lb | 23.00 |
| Org. Turkish Sultanas Raisins, 12.5 kg | 85.00 | Gluten flour 4 kg. | 36.00 | Garam Masala "salt free" 1lb | 35.00 |
| Org. Medjool Dates 5kg (USA) | 128.00 | Saf yeast .454 gr. | 8.00 | Greek Seasoning 1lb | 26.00 |
| Org. Steel Cut Oats 11.34kg (CDN) | 44.00 | Dough Enhancer .454gr | 15.00 | Italian Seasoning "salt free" 1lb | 22.00 |
| Cashews, large pieces, 5 Kg | 66.00 | Ultra Gel Instant Thickeer (Carnett) | 22.00 | Lemon Pepper Blend 1lb | 25.00 |
| Cashews, whole 5 kg. | 98.00 | Skim Milk powder, non-instant 25 kg | 160.00 | Pickling Spice 1/2lb | 28.00 |
| Whole Unblanched Almonds, 5 kg. | 93.00 | Skim Milk powder, non-instant 5kg | 40.00 | Poultry Seasoning "salt free" 1lb | 22.00 |
| Walnuts Halves & pieces, 5 Kg. | 86.00 | Honey, Unpasteurized clover, 20kg, lightly filtered BC | 160.00 | Pumpkin Pie Spice 1lb | 28.00 |
| Pecan Halves, 5kg | 130.00 | Honey, Unpasteurized clover, 3kg, lightly filtered | 31.00 | Taco Seasoning 1lb | 25.00 |
| Pumpkin Seeds, Raw, 5kg. (China) | 58.00 | Molasses 5 Kg, Black Strap | 24.00 | | |

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Deadline for order and payment: FRIDAY SEPTEMBER 4TH

MAIL ORDERS IN TO: SCOOPS NATURAL FOODS, 1825 FALCON CRESCENT, COWICHAN BAY, BC V0R1N1

PHONE ORDERS TO 250-701-0864

ETRANSFER TO: SCOOPSNATURAL@GMAIL.COM (PASSWORD: 'BULK2020')

MAKE CHEQUES PAYABLE TO: PAM STILES

ORDER FORM

LAST NAME:

FIRST NAME:

PHONE:

EMAIL:

PAYMENT METHOD (CIRCLE): **CHEQUE** **ETRANSFER** **CASH (Call to arrange)**

| ITEM | QTY | ITEM TOTAL \$ |
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