

WHOLESALE FOOD & GRAIN ORDER 2023 Deadline for order and payment is Friday September 15th, 2023**Orders can be called in at 250-701-0864, emailed to scoopsnatural@gmail.com or mailed to us.**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 at scoopsnatural@gmail.com (PASSWORD: grain)

PICK UP - COWICHAN ONLY AT: 1825 FALCON CRESCENT, COWICHAN BAY, BC

PLEASE RESPECT THAT THIS IS A RESIDENCE AND ONLY COME FOR PICK UP AT THE TIMES ALLOCATED

PICK UP DATES: Thursday October 5th, Friday October 6th & Saturday October 7th from 9am to 4pm

PLEASE NOTE: Despite our best efforts, prices are subject to change
In the case of price increases we will advise you prior to placing our orders.

Org. Hard White Wheat 20 Kg	72.00	Sesame seeds, 5kg.	50.00	Org. BAY LEAVES WHOLE 1/4LB	16.00
Org. Hard Red Spring Wheat 20 Kg (BC)	70.00	Sunflower Seeds, raw hulled,	42.00	Org. CAYENNE PEPPER 1LB	21.00
Org. Red Fife Wheat 20Kg	72.00	Flax Seed, 5 kg.	30.00	Org. CELERY SEED WHOLE 1LB	19.00
Org. Rye 20 kg	72.00	Long Brown Rice, 10kg	32.00	Org.. CHILI PEPPER CRUSHED 1LB	20.00
Org. Hulled barley 20Kg	74.00	White Basmati Rice, 5kg.	21.00	Org. CHIPOTLE POWDER 1LB	38.00
Org. Soft Wheat 20 Kg	78.00	Brown Basmati Rice, 5kg	20.00	Org. CILANTRO 1LB	25.00
Org. Kamut 20 Kg	88.00	Dried Cranberries 10lbs.	56.00	Org. CLOVES GROUND 1LB	35.00
Org. Spelt 20 Kg	89.00	Iranian Pitted dates 10 kg	50.00	Org. CORIANDER GROUND 1LB	19.00
Org. Quinoa 11.34 kg.	80.00	Jumbo Chilean Thomp. Raisins 10kg	63.00	Org. CUMIN GROUND 1LB	18.00
Org. Buckwheat Hulled Raw 20 Kg	150.00	Callebault choc. Dark 5kg	76.00	Org. DILL SEED 1/2LB	16.00
Org. Hulled Oats 20 kg.	92.00	Callebault choc. Milk 5kg	85.00	Org. DILL WEED 1/2LB	21.00
Org. Quick Oats, 11.34 kg.	64.00	Vegele 21 oz. (Cooking Spray)	21.00	Org. FENNEL SEED 1LB	16.00
Org. Quick Oats, 22,7 kg.	109.00	Dutch Cocoa 12% 5 Kg.	78.00	Org. GARLIC POWDER 1LB	19.00
Org. Rolled Oats, lg. flake, 10 kg.	64.00	Chia Seeds, white 5Kg.	78.00	Org. GINGER GROUND 1LB	20.00
Org. Rolled Oats, lg. flake, 22.7 kg	109.00	Tapioca Starch 5kg	35.00	Org. MARJORAM LEAVES 1/2LB	16.00
Org. Gluten Free Rolled Oats 11.34kg	87.00	Gluten flour 4 kg.	52.00	Org. MUSTARD SEED, BROWN	14.00
Org. Popcorn 11.34 kg.	65.00	Saf yeast .454 gr.	8.00	Org. MUSTARD SEED, YELLOW	14.00
Org. Hulled Millet 11.37 kg.	72.00	Dough Enhancer .454gr	13.00	Org. NUTMEG GROUND 1LB	38.00
Org. Long Brown Rice 11.34 Kg	117.00	Skim Milk powder non-instant 25 kg.	190.00	Org. NUTMEG WHOLE 1/4LB	14.00
Org. Short Brown Rice 11.34 Kg	108.00	Honey Pure Liquid St Michaels15kg	202.00	Org. ONION POWDER 1LB	17.00
Org. Basmati Brown Rice 11.34 kg.	128.00	Oat Groats 22.7 kg.	72.00	Org. OREGANO 1LB	23.00
Org. Basmati White Rice 11.34 kg.	145.00	Steel cut oats 22.7 kg.	72.00	Org. PAPRIKA 1LB	21.00
Org. Pinto beans, 11.34 kg.	78.00	Quick Oats, 11.34 kg.	47.00	Org. PAPRIKA SMOKED 1LB	27.00
Org. Black Bean 11.34 kg. (China)	81.00	Quick Oats, 22,7 kg.	72.00	Org. PARSLEY 1/2 LB	17.00
Org. Chick Peas 11.34 kg.	77.00	Rolled Oats, lg. flake, 11.34 kg.	47.00	Org. PEPPER GROUND BLK 1LB	25.00
Org. White Navy Beans, 11.34 kg.	81.00	Rolled Oats, lg. flake, 22.7 kg	72.00	Org. PEPPERCORNS BLACK 1LB	23.00
Org. Green Lentils, 11.34 kg.	91.00	Pot Barley 10 kg.	41.00	Org. ROSEMARY WHOLE 1LB	16.00
Org. Red Split Lentils 11.34 kg	105.00	Pinto Beans 11.34 kg.	51.00	Org. SAGE GROUND 1LB	21.00
Org. Green Split Peas, 11.34 kg.	67.00	Small Red Chili Beans 11.34 kg.	53.00	Org. STAR ANISE WHOLE 1LB	40.00
Org. Brown Flax 11.34 kg.	70.00	White Navy Beans, 11.34 kg.	50.00	Org. THYME LEAVES, WHOLE	16.00
Org. Sunflower, raw hulled 11.34 kg.	124.00	Chick Peas 10 kg.	58.00	Org. ALL PURPOSE SEASONING 1LB	20.00
Org. Unbleached White Flour 9.7 kg	51.00	Green Lentils, 10 kg,	55.00	Org. APPLE PIE SPICE 1LB	20.00
Org. Fine Spelt Flour 10 kg	83.00	Red Split Lentils, 10 kg	55.00	Org. BBQ RUB SEASONING 1LB	22.00
Org. Cane Sugar 11.34kg	61.00	Green Split Peas, 10 kg.	36.00	Org. CAJUN BLACKENING RUB 1LB	22.00
Org. Thompson Raisin 13.61 kg	115.00	Himalayan Crys Salt Fine 10kg	38.00	Org. CHILI POWDER 1LB	21.00
Org. Turk Sultana Raisin 11.34 k	75.00	Himalayan Crys Salt Coarse 10kg	38.00	Org. CHINESE 5 SEASONING 1LB	22.00
Org. Steel Cut Oats 11.34kg	69.00	Nutritional Yeast Red Star 2.72 kg	132.00	Org. CURRY POWDER 1LB	21.00
Cashews, large pieces, 5 Kg	85.00	Org. Cinnamon Ground 1kg	40.00	Org. GARAM MASALA 1LB	38.00
Cashews, whole 5 kg.	95.00	Org. Turmeric Ground 1kg	33.00	Org. GARLIC HERB SEASONING 1LB	23.00
Whole Unblanched Almonds 5 kg	86.00	Org. ALLSPICE GROUND 1LB	23.00	Org. GREEK SEASONING 1LB	26.00
Walnuts Halves & pieces, 5 Kg.	68.00	Org. BASIL 1LB	18.00	Org. HERBS DE PROVENCE 1LB	24.00
Pecan Halves, 5kg	158.00	Org. BAY LEAVES WHOLE 1/4LB	16.00	Org. ITALIAN SEASONING 1LB	20.00
Pumpkin Seeds Raw 5kg (China)	67.00	Org. CAYENNE PEPPER 1LB	21.00	Org. JERK SEASONING 1LB	24.00
Org. SOUTHWESTERN RUB 1LB	26.00	Org. CELERY SEED WHOLE 1LB	19.00	Org. LEMON PEPPER SEASONING 1LB	24.00
Org. VEGETABLE SEASONING 1LB	24.00	Org. SEASONING SALT 1LB	18.00	Org. POULTRY SEASONING 1LB	20.00
Org. FISH & SEAFOOD SEASONING 1LB	19.00	Org. SOUTHERN FRIED CHICKEN SEASONING 1LB	24.00	Org. PUMPKIN PIE SPICE 1LB	28.00
Org. STEAK & GRILL SEASONING 1LB	24.00	Org. TACO SEASONING 1LB	24.00		

WHOLESALE FOOD AND GRAIN ORDER 2023

ORDER & PAYMENT DEADLINE IS FRIDAY SEPTEMBER 15TH, 2023

MAIL ORDERS IN TO:
SCOOPS NATURAL FOODS, 1825 FALCON CRESCENT, COWICHAN BAY, BC V0R1N1
MAKE CHEQUES PAYABLE TO: PAM STILES

LAST NAME: _____

FIRST NAME: _____

PHONE: _____

EMAIL: _____

Please remember to keep a copy of your order for your own records. We will provide an invoice at pick up.

We ask that you take the time to double check your order before you leave pick up location. Then open and check the bags/boxes immediately upon arriving home.

ITEM	QTY	ITEM TOTAL S
GRAND TOTAL:		

NOTES: