

WHOLESALE FOOD & GRAIN ORDER 2025 Deadline for order and payment is Friday September 19th, 2025**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)
NEW PICK UP & DELIVERY OPTIONS!!!**PLEASE NOTE THAT THIS IS A RESIDENCE AND ONLY COME FOR PICK UP AT THE TIMES ALLOCATED**

PICK UP DATES: Thursday October 9th, Friday October 10th & Saturday October 11th from 9am to 4pm

DELIVERY: VICTORIA OCT 12th - 13th/NANAIMO to COURTENAY OCT 14th - 15th - \$15 Delivery Fee**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. Also, we continue to see prices increasing on grain and transportation, due to this we will only have a limited stock of whole grains throughout the year. Now would be the time to order extra if you think you may need it. (**Items are likely to increase soon)**

Org. Hard White Wheat 20 Kg (BC)	78.00	Iranian Pitted Dates 10 kg	54.00	ORG. CILANTRO 1LB	21.00
Hard White Wheat 10kg repack	42.00	California Pitted Dates 6.8kg	90.00	CITRIC ACID 1LB	16.00
Org. Hard Red Wheat 20 Kg (BC)	78.00	Jumbo Chilean Thomp. raisins10 kg.	63.00	ORG. CLOVES GROUND 1LB	40.00
Hard Red Wheat 10kg repack	42.00	Callebault choc. Dark 5kg	150.00	ORG. CORIANDER GROUND 1LB	20.00
Org. Red Fife Wheat 20Kg(BC)	80.00	Callebault choc. Milk 5kg	160.00	ORG. CUMIN GROUND 1LB	19.00
Red Fife Wheat 10kg repack	46.00	Dutch Cocoa 12% 5 Kg.	150.00	ORG. DILL SEED 1/2LB	16.00
Org. Rye 20 kg (BC)	78.00	Chia Seeds, white 5Kg.	67.00	ORG. DILL WEED 1/2LB	21.00
Rye 10kg repack	42.00	Tapioca Starch 5kg	32.00	ORG. FENNEL SEED 1LB	16.00
Org. Soft Wheat 20 Kg (BC)	84.00	Gluten flour 4 kg.	48.00	ORG. GARLIC POWDER 1LB	20.00
Soft Whear 10kg repack	48.00	Saf yeast .454 gr.	9.00	ORG. GINGER GROUND 1LB	20.00
Org. Kamut 20 Kg (BC)	104.00	Skim Milk powder non-instant 25 kg	175.00	ORG. MARJORAM LEAVES 1/2LB	16.00
Kamut 10kg repack	58.00	Honey, Liquid, Honey Bunny, 15KG	136.00	ORG. MUSTARD SEED YELLOW GROUND 1LB	16.00
Org. Spelt 20 Kg (BC)	103.00	Oat Groats 22.7 kg.	72.00	ORG. MUSTARD SEED WHOLE, BROWN 1LB	13.00
Spelt 10kg repack	57.00	Steel cut oats 22.7 kg.	72.00	ORG. MUSTARD SEED WHOLE, YELLOW 1LB	13.00
Org. Quinoa 11.34 kg. (Peru/Bolivia)	98.00	Quick Oats, 11.34 kg. (CDN)	47.00	ORG. NUTMEG GROUND 1LB	41.00
Quinoa 5kg repack	54.00	Quick Oats, 22.7 kg. (CDN)	72.00	ORG. NUTMEG WHOLE 1/4LB	13.00
Org. Hulled Oats 20 kg. (BC)	95.00	Rolled Oats 11.34 kg. (CDN)	47.00	ORG. ONION POWDER 1LB	17.00
Hulled Oats 10kg repack	53.00	Rolled Oats 22.7 kg (CDN)	72.00	ORG. OREGANO 1LB	16.00
Org. Quick Oats, 11.34 kg. (CDN)	69.00	Pot Barley 10 kg.	41.00	ORG. PAPRIKA 1LB	23.00
Org. Quick Oats, 22.7 kg. (CDN)	114.00	Pinto Beans 11.34 kg.	55.00	ORG. PAPRIKA SMOKED 1LB	27.00
Org. Roll Oats, lg. flake, 10 kg. (CDN)	69.00	Small Red Chili Beans 11.34 kg.	53.00	ORG. PARSLEY 1/2 LB	17.00
Org. Roll Oats, lg. flake, 22.7 kg (CDN)	114.00	White Navy Beans, 10 kg.	50.00	ORG. PEPPER GROUND BLACK 1LB	28.00
Org. Gluten Free Rolled Oats 11.34kg	75.00	Chick Peas 10 kg.	50.00	ORG. PEPPERCORNS BLACK 1LB	26.00
Org. Popcorn 11.34 kg. (USA)	65.00	Green Lentils, 10 kg,	63.00	ORG. ROSEMARY WHOLE 1LB	16.00
Org. Hulled Millet 11.37 kg. (USA)	72.00	Red Split Lentils, 10 kg	55.00	ORG. SAGE GROUND 1LB	23.00
Org. Long Brown Rice 11.34 Kg **	117.00	Green Split Peas, 10 kg.	40.00	ORG. STAR ANISE WHOLE 1LB	42.00
Org. Short Brown Rice 11.34 Kg **	108.00	Himalayan Crystal Salt Fine 10kg	43.00	ORG. THYME LEAVES, WHOLE 1/2LB	16.00
Org. Basmati Brown Rice 11.34 kg **	128.00	Himalayan Crystal Salt Coarse 10kg	43.00	ORG. ALL PURP SEASONING "salt free" 1LB	21.00
Org. Basmati White Rice 11.34 kg **	145.00	Nutritional Yeast, Red Star 2.72 kg	135.00	ORG. APPLE PIE SPICE 1LB	21.00
Org. Pinto beans, 11.34 kg. (USA)	100.00	Org Cinnamon Ground 1kg	45.00	ORG. BBQ RUB SEASONING 1LB	24.00
Org. Black Bean 11.34 kg. (CHN)	85.00	Org Cinnamon Ground 500g	27.00	ORG. CAJUN BLACKENING RUB 1LB	24.00
Org. Chick Peas 11.34 kg. (USA)	89.00	Org Turmeric Ground 1kg	38.00	ORG. CHAI BLEND 1LB	30.00
Org. White Navy Beans 11.34 kg (US)	81.00	Org Turmeric Ground 500g	24.00	ORG. CHILI POWDER 1LB	23.00
Org. Green Lentils, 11.34 kg. (CDN)	91.00	ORG. ALLSPICE GROUND 1LB	26.00	ORG. CHINESE 5 SPICE "salt free" 1LB	24.00
Org. Red Split Lentils 11.34 kg (Turk)	105.00	ORG. BASIL 1LB	19.00	ORG. CURRY POWDER "salt free" 1LB	24.00
Org. Green Split Peas, 11.34 kg. (US)	78.00	ORG. BAY LEAVES WHOLE 1/4LB	19.00	ORG. GARAM MASALA "salt free" 1LB	38.00
Org. Brown Flax 11.34 kg. (CDN)	73.00	Pot Barley 10 kg.	41.00	ORG. GARLIC HERB SEASON "salt free" 1LB	24.00
Org. Sunflower hulled 11.34 kg. (US)	141.00	Pinto Beans 11.34 kg.	55.00	ORG. GINGER SNAP SPICE 1LB	26.00
Org. Unbleach White Flour 9. kg (CDN)	53.00	Small Red Chili Beans 11.34 kg.	53.00	ORG. GREEK SEASONING 1LB	26.00
Org. Cane Sugar 11.34kg (Paraguay)	60.00	White Navy Beans, 10 kg.	50.00	ORG. HERBS DE PROVENCE "salt free" 1LB	24.00
Org. Thompson Raisins 13.61 kg	128.00	Chick Peas 10 kg.	50.00	ORG. ITALIAN SEASONING "salt free" 1LB	20.00
Org. Turkish Sultanais Raisins, 11.34kg	115.00	Green Lentils, 10 kg,	63.00	ORG. JERK SEASONING 1LB	24.00
Org. Steel Cut Oats 11.34kg (CDN)	65.00	Red Split Lentils, 10 kg	55.00	ORG. LEMON PEPPER SEASONING 1LB	24.00
Cashews, large pieces, 5 Kg	80.00	Green Split Peas, 10 kg.	40.00	ORG. MULLING SPICE 1/2LB	20.00
Cashews, whole 5 kg.	120.00	Himalayan Crystal Salt Fine 10kg	43.00	ORG. MOROCCAN RUB 1LB	24.00
Whole Unblanched Almonds, 5 kg.	80.00	Himalayan Crystal Salt Coarse 10kg	43.00	ORG. MEXICAN BLEND "salt free" 1LB	26.00
Walnuts Halves & pieces, 5 Kg.	97.00	Nutritional Yeast, Red Star 2.72 kg	135.00	ORG. PASTA SEASONING "salt free" 1LB	23.00
Pecan Halves, 5kg	156.00	Org Cinnamon Ground 1kg	45.00	ORG. PICKLING SPICE 1/2LB	17.00
Pumpkin Seeds, Raw, 5kg. (China)	61.00	Org Cinnamon Ground 500g	27.00	ORG. PIZZA SEASONING "salt free" 1LB	23.00
Sesame seeds, 5kg.	52.00	Org Turmeric Ground 1kg	38.00	ORG. POULTRY SEASONING "salt free" 1LB	21.00
Sunflower Seeds, raw hulled 5 kg	42.00	Org Turmeric Ground 500g	24.00	ORG. PUMPKIN PIE SPICE 1LB	28.00
Flax Seed, 5 kg.	30.00	ORG. ALLSPICE GROUND 1LB	26.00	ORG. FISH & SEAFOOD SSN "salt free" 1LB	20.00
Long Brown Rice, 10kg	44.00	ORG. BASIL 1LB	19.00	ORG. SEASONING SALT 1LB	19.00
Long White Rice 10kg	44.00	ORG. BAY LEAVES WHOLE 1/4LB	19.00	ORG. SOUTHRN FRIED CHICK SEASON 1LB	24.00
Jasmine 10kg	44.00	ORG. CAYENNE PEPPER 1LB	23.00	ORG. SOUTHWESTERN RUB 1LB	26.00
White Basmati Rice, 5kg.	24.00	ORG. CELERY SEED WHOLE 1LB	20.00	ORG. STEAK & GRILL SEASONING 1LB	24.00
Brown Basmati Rice, 5kg	25.00	ORG. CHILI PEPP CRUSHED 1LB	21.00	ORG. TACO SEASONING 1LB	24.00
Dried Cranberries, (Craisins) 10lbs.	56.00	ORG. CHIPOTLE POWDER 1LB	38.00	ORG. VEGETABLE SEASONING 1LB	24.00

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(If you opt for delivery, Cam will call you to set up date and time for your area)

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.

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