

**WHOLESALE FOOD & GRAIN ORDER 2022 Deadline for order and payment is Friday September 16th, 2022****Orders can be called in at 250-701-0864, emailed to [scoopsnatural@gmail.com](mailto: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](mailto: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 6th, Friday October 7th &amp; Saturday October 8th 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.	54.00	Org. BAY LEAVES WHOLE 1/4LB	16.00
Org. Hard Red Spring Wheat 20 Kg (BC)	70.00	Sunflower Seeds, raw hulled, 5 kg.	42.00	Org. CAYENNE PEPPER 1LB	21.00
Org. Red Fife Wheat 20Kg	72.00	Flax Seed, 5 kg.	37.00	Org. CELERY SEED WHOLE 1LB	19.00
Org. Rye 20 kg	63.00	Long Brown Rice, 10kg	44.00	Org.. CHILI PEPPER CRUSHED 1LB	20.00
Org. Hulled barley 20Kg	70.00	White Basmati Rice, 5kg.	21.00	Org. CHIPOTLE POWDER 1LB	38.00
Org. Soft Wheat 20 Kg	70.00	Brown Basmati Rice, 5kg	20.00	Org. CILANTRO 1LB	31.00
Org. Kamut 20 Kg	80.00	Millet 5 kg.	29.00	Org. CLOVES GROUND 1LB	47.00
Org. Spelt 20 Kg	80.00	Dried Cranberries 10lbs.	60.00	Org. CORIANDER GROUND 1LB	17.00
Org. Quinoa 11.34 kg.	90.00	Iranian Pitted dates 10 kg	50.00	Org. CUMIN GROUND 1LB	19.00
Org. Buckwheat Hulled Raw 20 Kg	150.00	Jumbo Chilean Thomp. Raisins 10kg	63.00	Org. DILL SEED 1/2LB	12.00
Org. Hulled Oats 20 kg.	80.00	Callebault choc. Dark 5kg	76.00	Org. DILL WEED 1/2LB	21.00
Org. Quick Oats, 11.34 kg.	69.00	Callebault choc. Milk 5kg	81.00	Org. FENNEL SEED 1LB	14.00
Org. Quick Oats, 22,7 kg.	109.00	Vegele 21 oz. (Cooking Spray)	21.00	Org. GARLIC POWDER 1LB	19.00
Org. Rolled Oats, lg. flake, 10 kg.	69.00	Dutch Cocoa 12% 5 Kg.	75.00	Org. MUSTARD SEED, BROWN	10.00
Org. Rolled Oats, lg. flake, 22.7 kg	109.00	Chia Seeds, white 5Kg.	71.00	Org. MUSTARD SEED, YELLOW	10.00
Org. Gluten Free Rolled Oats 11.34kg	80.00	Tapioca Starch 5kg	35.00	Org. NUTMEG GROUND 1LB	51.00
Org. Popcorn 11.34 kg.	68.00	Gluten flour 4 kg.	52.00	Org. NUTMEG WHOLE 1/4LB	13.00
Org. Hulled Millet 11.37 kg.	67.00	Saf yeast .454 gr.	8.00	Org. ONION POWDER 1LB	16.00
Org. Long Brown Rice 11.34 Kg	95.00	Dough Enhancer .454gr	13.00	Org. OREGANO 1LB	24.00
Org. Short Brown Rice 11.34 Kg	84.00	Skim Milk powder non-instant 25 kg.	208.00	Org. PAPRIKA 1LB	21.00
Org. Basmati Brown Rice 11.34 kg.	107.00	Honey Pure Liquid St Michaels 15kg	190.00	Org. PAPRIKA SMOKED 1LB	27.00
Org. Basmati White Rice 11.34 kg.	116.00	Oat Groats 22.7 kg.	69.00	Org. PARSLEY 1/2 LB	14.00
Org. Pinto beans, 11.34 kg.	89.00	Steel cut oats 22.7 kg.	69.00	Org. PEPPER GROUND BLACK 1LB	31.00
Org. Black Bean 11.34 kg. (China)	76.00	Quick Oats, 11.34 kg.	46.00	Org. PEPPERCORNS BLACK 1LB	27.00

Org. Chick Peas 11.34 kg.	85.00	Quick Oats, 22,7 kg.	71.00	Org. ROSEMARY WHOLE 1LB	13.00
Org. White Navy Beans, 11.34 kg.	76.00	Rolled Oats, lg. flake, 11.34 kg.	46.00	Org. SAGE GROUND 1LB	24.00
Org. Green Lentils, 11.34 kg.	78.00	Rolled Oats, lg. flake, 22.7 kg	71.00	Org. STAR ANISE WHOLE 1LB	51.00
Org. Red Split Lentils 11.34 kg	104.00	Pot Barley 10 kg.	41.00	Org. THYME LEAVES, WHOLE 1/2LB	13.00
Org. Green Split Peas, 11.34 kg.	72.00	Pinto Beans 11.34 kg.	50.00	Org. ALL PURPOSE SEASONING "salt free" 1LB	19.00
Org. Brown Flax 11.34 kg.	73.00	Small Red Chili Beans 11.34 kg.	53.00	Org. APPLE PIE SPICE 1LB	19.00
Org. Sunflower, raw hulled 11.34 kg.	117.00	White Navy Beans, 11.34 kg.	50.00	Org. BBQ RUB SEASONING 1LB	24.00
Org. Unbleached White Flour 9.7 kg	51.00	Chick Peas 10 kg.	56.00	Org. CAJUN BLACKENING RUB 1LB	24.00
Org. Fine Spelt Flour 10 kg	79.00	Green Lentils, 10 kg,	56.00	Org. CHILI POWDER 1LB	21.00
Org. GINGER GROUND 1LB	20.00	Red Split Lentils, 10 kg	56.00	Org. CHINESE FIVE SPICE SEASONING "salt free" 1LB	24.00
Org. MARJORAM LEAVES 1/2LB	14.00	Green Split Peas, 10 kg.	36.00	Org. CURRY POWDER "salt free" 1LB	23.00
Org. Cane Sugar 11.34kg	56.00	Himalayan Crys Salt Fine 10kg	38.00	Org. GARAM MASALA "salt free" 1LB	38.00
Org. Thompson Raisin 13.61 kg	114.00	Himalayan Crys Salt Coarse 10kg	38.00	Org. GARLIC HERB SEASONING "salt free" 1LB	23.00
Org. Turk Sultana Raisin 11.34 k	85.00	Nutritional Yeast Red Star 2.72 kg	114.00	Org. GREEK SEASONING 1LB	26.00
Org. Steel Cut Oats 11.34kg	69.00	Org. Cinnamon Ground 1kg	39.00	Org. HERBS DE PROVENCE "salt free" 1LB	24.00
Cashews, large pieces, 5 Kg	85.00	Org. Turmeric Ground 1kg	33.00	Org. ITALIAN SEASONING "salt free" 1LB	20.00
Cashews, whole 5 kg.	104.00	Org. ALLSPICE GROUND 1LB	22.00	Org. JERK SEASONING 1LB	24.00
Whole Unblanched Almonds 5 kg	90.00	Org. BASIL 1LB	14.00	Org. LEMON PEPPER SEASONING 1LB	24.00
Walnuts Halves & pieces, 5 Kg.	100.00	Org. BAY LEAVES WHOLE 1/4LB	16.00	Org. POULTRY SEASONING "salt free" 1LB	20.00
Pecan Halves, 5kg	154.00	Org. CAYENNE PEPPER 1LB	21.00	Org. PUMPKIN PIE SPICE 1LB	28.00
Pumpkin Seeds Raw 5kg (China)	73.00	Org. CELERY SEED WHOLE 1LB	19.00	Org. FISH & SEAFOOD SEASONING "salt free" 1LB	19.00
Org. MULLING SPICE 1/2LB	18.00	Org. SEASONING SALT 1LB	17.00	Org. STEAK & GRILL SEASONING 1LB	24.00
Org. MOROCCAN RUB 1LB	24.00	Org. SOUTHERN FRIED CHICKEN SEASONING 1LB	24.00		
Org. MEXICAN BLEND "salt free" 1LB	26.00	Org. SOUTHWESTERN RUB 1LB	26.00		
Org. TACO SEASONING 1LB	24.00	Org. VEGETABLE SEASONING 1LB	24.00		

**WHOLESALE FOOD & GRAIN ORDER 2022**  
**ORDER & PAYMENT DEADLINE IS FRIDAY SEPTEMBER 16TH**

**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 \$
<b>GRAND TOTAL:</b>		

**NOTES:**