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NL NEWSLETTER



BOTWOOD SDA CHURCH

By: Ana Maria Gascoyne

Construction is underway at the Botwood SDA Church! What started as a diagram for our new audio-visual booth is almost complete! This booth will be securely locked with the new equipment purchased and in addition to the new alarm system that has been installed, will ensure that the investments made will be kept safe. The next steps are to install the new television screens, monitors, lighting, and various other equipment to complete the tech upgrades. A special thank- you to Alan Roberts (Contractor) who has worked hard alongside Jonathan to complete these tasks. As we continue to attend and participate in our online weekly LiNC Worship, we look forward to worshipping in-person in the coming months and invite all of you to come worship with us! Our district will continue to run our families-oriented “Winning Kids for Christ” monthly program, our monthly food hamper ministry, and our “Just Claim It” weekly prayer ministry.

WINNING KIDS FOR CHRIST

By: Pastor Jonathan Gascoyne

Winning Kids for Christ (WK4C) is a simple, short program to provide parents/ care givers of children and youth support. It helps us keep in touch, give encouragement, and learn from one another.

Stay tuned for next program!

Contact Pastor Jonathan for more information.

jgascoyne@nladventist.ca / 709-279-2807



W K 4 C

Winning Kids For Christ

GET YOUR LIFE BACK!



Attend the 1st session of the
NEDLEY
DEPRESSION & ANXIETY
RECOVERY PROGRAM

Last day to register: April 3, 2022



jjoseph@nladventist.ca

709-579-2530

Learn how to:

- Identify depression and anxiety and their causes
- Improve your emotional intelligence
- Enhance your energy levels and mood
- Overcome depression and/or anxiety through positive lifestyle choices
- Eat for optimal brain health and function
- Manage stress without distress
- Live above loss
- Achieve peak mental performance

TO REGISTER:

www.stjohnssda.org/dr-nedley-depression-and-anxiety-recovery-program

ISLAND WIDE NEDLEY DEPRESSION AND ANXIETY RECOVERY PROGRAM

By: Pastor Jamie Joseph

Are you or a loved one suffering from Depression and/or Anxiety? Do you want to get your life back or be better equipped to support a loved one facing mental health illness?

The program began Monday, April 4th, but there is still time to register to catch the second session. Please contact Pastor Jamie Joseph at 709-579-2530 or email jjoseph@nladventist.ca

www.stjohnssda.org

PROFESSION OF FAITH

Interview with Louise Hemeon Rahmlow

In photo: (top) Pastor Jonathan Gascoyne; (bottom) Louise Hemeon Rahmlow

Louise Hemeon was born into an Adventist family and reared up attending the Botwood Seventh-day Adventist Church and baptized at Camp Woody Acres in 1968. However, after baptism and due to different reasons, Louise left the church almost 40 years ago.

Fast forward many years. She had raised children and grandchildren and travelled around the globe to live in Germany. In 2020 Louise had an accident; she says, "I had an accident where my lung collapsed and when I awoke in ICU, amazingly I forgot that I smoked. This was God's will for me because He knew my cigarettes were everything to me, and that was the only thing keeping me away from the church." Louise couldn't shake the feeling that she needed church again.

In October 2020, Louise's brother, Bruce, shared with her that the churches of Newfoundland and Labrador were meeting online due to Covid on a ZOOM platform and a LiNC Church.

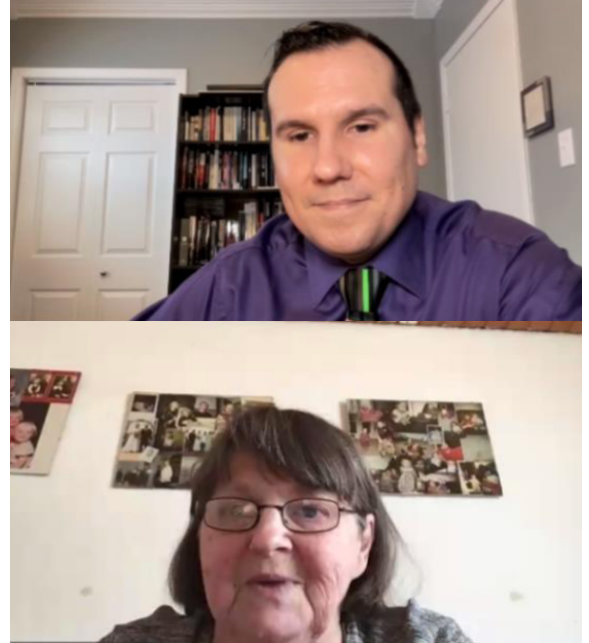
Louise decided to try it and met with Pastor Jonathan Gascoyne of the Central NL churches; they met over Facebook messenger and were able to get to know each other. They prayed together that Louise would be able to find a church in Germany and together, they found one called Knotenpunkt, and she was able to join them via ZOOM for Sabbath services as well.

Louise soon realized that she was able, by ZOOM and Facebook, to join multiple services. She began to watch sermons from different churches, and when that still didn't feel like enough, she reached out to her nephew-in-law, and he pointed her to various prayer meetings, Bible studies, and vespers programs. Louise says, "at first, I felt like I was intruding, but I was welcomed, and before I realized it, I was a ZOOM hopper."

What is fantastic about Louise's journey of finding a church family is that despite being a Newfoundlander, isolated in Germany, she has actually seen more church families than most of us ever will. From the LiNC, St. John's, Bay Roberts, Marystown, Botwood, Grand Falls-Windsor, Ontario, to the churches in Germany.

Since December 2020, Louise has not missed a meeting. Louise says, "At first I thought maybe I'm not ready, but now I know I am ... With the Marystown Church, we had our prayer partners ..thanks to Kaitlynn and Pastor Etienne Harushimana. That was a blessing to me. I have had many prayer partners. Shirley, Rose, Miriam, Doreen, and Tracy. I also want to thank Xenia and Luis for being there every Sabbath morning for us who cannot get out to church!"

On Sabbath, March 26th, Louise gave her life back to the Lord through Profession of Faith on ZOOM Church with her church family across Newfoundland and Labrador and others abroad. We welcome Louise and praise God that He doesn't give up on His people, and that Louise accepted that call to come home.



NEW COMMUNICATIONS DIRECTOR FOR NEWFOUNDLAND AND LABRADOR

By: Xenia Capote | In photo: Kaitlynn and daughter Amia Harushimana

The Seventh-day Adventist Church in Newfoundland and Labrador Board of Directors, on their March 20, 2022 meeting, voted to appoint Kaitlynn Harushimana to serve as the Communication Director for the NL Mission.

Kaitlynn is familiar to the NL Mission as a born and raised Newfoundlander. She worked many summers at Woody Acres Camp and is currently serving as the Camp Director, which she will continue to do. Kaitlynn is the editor of the NL Mission virtual magazine eREPORT. Mrs. Harushimana is the Children's Ministry Liaison for the SDA Church across Canada.

Kaitlynn is well loved and appreciated, not only in Newfoundland, but across Canada. An alumnus of Burman University, Kaitlynn, alongside her husband, Etienne, and her daughter, Amia, minister in the Marystown SDA Church.



Her zeal for God and sharing the Gospel is evident in her interactions. I am confident that the brethren in the NL Mission will continue to support her ministry, not only with contributions and volunteering, but with their prayers. We are blessed to have her!

Xenia Jurado-Capote
Secretary-Treasurer
Seventh-day Adventist Church
In Newfoundland and Labrador

TRAILER SPOTS AVAILABLE AT CAMP WOODY ACRES

By: Jack Baier



If you are interested in parking a trailer at Camp Woody Acres this summer please contact Jack Baier.

Phone: (709) - 727 - 5998

Email: jbaier@nladventist.ca

Woody Acres Camp Rental Rates 2022

Camp Rentals:

	<u>Dining Hall & Camp</u>	<u>Pine Lodge</u>
Non-SDA groups	\$550 per day	\$310 per day additional when renting camp. \$460 per day Pine Lodge only.
SDA Church groups*	\$235 per day	Included
SDA Individuals	\$375 per day	\$150 per day additional when renting camp. \$300 per day Pine Lodge only.

* \$50 Camp washroom only - \$150 Dining Hall only per day - Pine Lodge only \$235 per day

Cabin/Trailer Site Lease Fees:

Permanent Cabin sites	\$195 per year	
Trailer sites	\$150 per season*	Winter storage fee \$100
Trailer sites w/water & electric	\$360 per season*	Winter storage fee \$100
Trailer sites w/water & electric (Premium)	\$460 per season*	Winter storage fee \$100
• Season May 1 to September 30		

Camp Meeting Rates:

Meals: Children (ages 3-9)

\$6.50 per meal or \$120.00 for full week*

(\$10.00 discount for week)

Ages 10 and up

\$7.50 Breakfast per meal

\$9.00 Dinner & Supper per meal or \$150.00 for full week* (\$19.50 discount for week)

*Full week includes Friday supper to Sunday morning breakfast paid in advance and no refund for missed meals. Sabbath meals are no charge.

Accommodation rates (9 nights):	<u>Per night</u>	<u>Camp meeting</u>
Trailers	\$25.00	\$190.00
Tents	\$5.00	\$15.00
Juniper/Birch Lodge per room	\$25.00	\$190.00
Dining Hall/Pine Lodge per room	\$35.00	\$250.00

CAMP WOODY ACRES 2022

By: Newfoundland and Labrador Mission

**Save the Date!**

More information coming soon! Registration is scheduled to open May 1st, 2022.

Camp Meeting

Friday, July 22 - Saturday, July 30

West of 50 Camp (50+ Camp)

Sunday, July 31st - Wednesday, August 3rd

Junior Camp (Ages 9-14)

Sunday, August 7th - Friday, August 12th

DiscipleTrek Camp (Ages 12-16)

Sunday, August 14th - Friday, August 20th

CAMP MEETING RATES

Meals:	Breakfast	Dinner	Supper	Week
Children (ages 3-9)	\$6.50	\$6.50	\$6.50	\$120.00
Everyone (ages 10 and up)	\$7.50	\$9.00	\$9.00	\$150.00

Children (ages 3-9) \$120.00 for week - \$10.00 discount for week

Ages 10 and up \$150.00 for week - \$19.50 discount for week

** Full week includes Friday supper to Sunday morning breakfast paid in advance and no refunds for missed meals. Sabbath meals are no charge.

Accommodation rates (9 nights):	Per Night	Camp Meeting
Trailers	\$25.00	\$190.00
Tents	\$5.00	\$15.00
Juniper/Birch Lodge per room	\$25.00	\$190.00
Dining Hall/Pine Lodge per room	\$35.00	\$250.00

Please note: All other details and prices will be released by the end of the month. Please call Kaitlynn 709-567-2010 or email kharushimana@nladventist.ca with any questions.

The time has come to place your order to take advantage of the 2020 ABC Camp Meeting Frozen and Dry Can Specials. All orders must be in by June 30, 2022. The PDF order sheet is listed below. Once it arrives, it will be delivered and stored at Woody Acres Campground like before, with arrangements made for pick up.

Local 905-579-2311 Toll-Free 800-765-6955

Fax 905-579-5686 www.AdventistBookCenter.com

Email: oshawa.abc@pacificpress.com

Please email kharushimana@nladventist.ca if you would like a copy off all available items for order.

ABC Christian Bookstore, Oshawa
Tel: 905.579.2311 Toll-Free: 1.800.263.3791

Campmeeting Food Specials

Product	CT	Size	QTY	Reg Price	Indv.	CM Special Price	Individual	QTY	Reg Price	Case	CM Special Price	Case
WORTHINGTON CANNED				SAVINGS				SAVINGS				
Big Franks	12	20 oz		12.49	1.00	11.49			137.99	12.00	125.99	
Chili	12	20 oz		10.79	1.00	9.79			118.99	12.00	106.99	
Frichik	12	12.5 oz		10.79	1.00	9.79			118.99	12.00	106.99	
Prime Stakes	12	13 oz		10.79	1.00	9.79			118.99	12.00	106.99	
Super Links	12	19 oz		12.49	1.00	11.49			137.99	12.00	125.99	
Swiss Stake	12	13 oz		10.79	1.00	9.79			118.99	12.00	106.99	
Vegetarian Burger	12	20 oz		12.49	1.00	11.49			137.99	12.00	125.99	
Veja-Links	12	19 oz		12.49	1.00	11.49			137.99	12.00	125.99	
Saucettes	12	19 oz		12.49	1.00	11.49			137.99	12.00	125.99	
Nutmeat	6	14.6 oz		8.99	1.00	7.99			49.99	6.00	43.99	
Nutolene	6	14.6 oz		8.99	1.00	7.99			49.99	6.00	43.99	
WORTHINGTON FROZEN												
Fripats - 48 ct	4	12ct		21.79	2.00	17.99			82.99	8.00	74.99	
Corned Beef Roll	4	72oz		49.99	4.00	45.99			189.99	16.00	173.99	
Turkey Roll	4	72oz		49.99	4.00	45.99			189.99	16.00	173.99	
Wham Roll	4	72oz		49.99	4.00	45.99			189.99	16.00	173.99	
Chicken Roll	4	72oz		49.99	4.00	45.99			189.99	16.00	173.99	
Salami Roll	4	72oz		49.99	4.00	45.99			189.99	16.00	173.99	
Dinner Roast	6	32oz		26.29	2.00	24.29			149.99	12.00	137.99	
Deli Slices Chicken	8	8oz		7.69	0.50	7.19			58.49	4.00	54.49	
Deli Slices Turkey	8	8oz		7.69	0.50	7.19			58.49	4.00	54.49	
Deli Slices Salami	8	8oz		7.69	0.50	7.19			58.49	4.00	54.49	
Deli Slices Corned Beef	8	8oz		7.69	0.50	7.19			58.49	4.00	54.49	
Deli Slices Ham (Wham Sliced)	8	8oz		7.69	0.50	7.19			58.49	4.00	54.49	
Sausage links	8	8oz		7.69	1.00	6.69			58.49	8.00	50.49	
Sausage Patties	8	8oz		7.69	1.00	6.69			58.49	8.00	50.49	
Steakelets	8	10oz		7.99	1.00	6.99			58.99	8.00	50.99	
MORNINGSTAR FARMS FROZEN												
Grillers - 48 ct	4	12ct		20.29	2.00	18.29			76.99	8.00	68.99	
Chik'n Nuggets	6	10oz		7.49	1.33	5.66			42.49	6.00	36.49	
Breakfast patties Maple	6	8oz		7.49	1.33	5.66			42.49	5.40	36.99	
Breakfast Patties Inst.	1	112ct		-	-	-			129.99	13.50	116.49	
Breakfast Links	12	8oz		7.49	1.17	5.82			85.49	9.45	76.04	
Breakfast Links Inst.	1	168ct		-	-	-			129.99	12.00	117.99	
Breakfast Strips	18	1pack		5.99	0.65	5.34			102.49	12.00	90.49	
Corn Dogs	8	10oz		7.69	1.00	6.69			56.79	8.00	48.79	
OLIVES												
Green Pitted Olives	12	6oz		4.99	0.50	4.49			56.79	6.00	50.79	

Campmeeting Specials are available on the following dates:

Oshawa: Sunday July 31- Sunday August 7

Newfoundland: Order deadline June 30

Pugwash: Friday July 22 to Saturday July 30 (Order deadline June 30)

Prices Subject to Change. While Quantities Last. Sorry No Rainchecks.

PRICE SUBJECT TO CHANGE

Items are listed alphabetically by brand

V=VEGAN

MARCH 7,2022

Product	Case Pack	Size	Single Sku	Case Sku	Single price	Case Price
Blaney's						
Vegetarian Beef Like Seasoning	12	625 G	121288	-	\$14.99	
Vegetarian Chicken Like Seasoning	12	625 G	121287	-	\$14.99	
Vegetarian Spicy Chicken Like Seasoning	12	625 G	143169	-	\$14.99	
Vegetarian Mushroom Soup/Gravy	12	625 G	144201	-	\$14.99	
Vegetarian Tomato Soup	12	710 G	163638	-	\$18.49	
Better Than Milk						
Soy Original	6	25.9 OZ	100687	101601	\$26.99	\$150.99
Soy Vanilla	6	22.4 OZ	100694	101607	\$26.99	\$150.99
Butler Foods						
Soy Curls	24	8 OZ	161004	164369	\$7.29	\$164.99
Bragg						
Liquid Soy Small	12	473 ML	119186	-	\$8.99	
Liquid Soy Large	12	946 ML	119187	-	\$13.49	
Apple Cider Vinegar	12	473 ML	136088	137678	\$7.29	
Apple Cider Vinegar	12	946 ML	136090	137679	\$11.29	
Brittles N' More						
Peanut Brittle	24	175 G	164254	-	\$5.19	
Coconut Brittle	24	150 G	164256	-	\$5.19	
Trail Mix Brittle	24	185 G	164257	-	\$5.99	
Mixed Nut Brittle	24	150 G	164374	-	\$6.99	
Sea Salt N Pepper Peanut Brittle	24	175 G	164376	-	\$5.49	
Sea Salt Peanut Brittle	24	175 G	165029	-	\$5.69	
Charcoal House						
Activated Charcoal Tablets	12	135 CT	164575	-	\$20.69	
Activated Charcoal Tablets	12	365 CT	164576	-	\$49.29	
Activated Charcoal Vegi Capsules	12	125 CT	164574	-	\$20.69	
Bamboo Activated Charcoal Powder	12	340 G	164583	-	\$34.19	
Charcoal Salve Stick	1	.15 OZ	168663		\$9.99	
Charcoal Soap- Exzema Psoriasis	1	4 OZ	164699		\$9.99	
Coconut Activated Charcoal Powder	12	312 G	164582	-	\$36.49	
Deodorant	12	2 OZ	164585	-	\$22.79	
First Patch Pain Patch	5	5x4"	166790		\$29.99	
Eye Pad	12	-	164584	-	\$71.79	
Charcoal Toothpaste Adult (Mint)	16	113 G	167355	-	\$9.99	
Charcoal Toothpaste Kids (Cherry)	16	113 G	167356	-	\$9.99	
Product	Case Pack	Size	Single Sku	Case Sku	Single price	Case Price
Detox 1600 Activated Charcoal	12	170 G	164581	-	\$35.99	
Detox 1600 Activated Charcoal	12	340 G	164580	-	\$37.99	
Detox 1600 Charcoal Goat's Milk Soap Unscer	12	5 OZ	164586	-	\$12.99	
Hardwood Activated Charcoal Powder	12	284 G	164577	-	\$26.99	
Psoriasis Eczema Charcoal Soap	12	4 OZ	164699	-	\$9.59	
Chili Man - Retail Pack						
Chili Man Chili	12	15 OZ	100813	1100301	\$3.20	\$35.99

Companion - Retail Pack

Chai Pow Yu	24	10 OZ	100903	101645	\$4.19	\$91.99
Curry Chai Pow Yu	24	10 OZ	100905	101647	\$4.19	\$91.99
Mun Chai Ya	24	10 OZ	100904	101646	\$4.19	\$91.99

Concord Juice

Grape Juice	6	1.89 L	136080	137665	\$12.79	\$72.99
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Dandies

Vegan Marshmallows ✓	12	10 OZ	130674	-	\$6.99	
Vegan Mini Marshmallows ✓	12	10 Oz	164330	-	\$6.99	

Gardein Protein International**Frozen Retail Pack**

Barbecue Wings ✓	8	9 OZ	148999	149000	\$7.99	\$60.79
Beefless Burger ✓	8	12 OZ	160774	160775	\$7.99	\$60.79
Beefless Ground ✓	8	13.8 OZ	161931	163575	\$7.99	\$60.79
Beefless Tips ✓	8	9 OZ	161932	164378	\$7.99	\$60.79
Black Bean Burger ✓	8	12 OZ	160741	160742	\$7.99	\$60.79
Chick'n Scallopini ✓	8	10 OZ	161935	162848	\$7.99	\$60.79
Crispy Chick'n, Mandarin Orange ✓	8	10.5 OZ	151356	151357	\$7.99	\$60.79
Crispy Chick'n Patty ✓	8	12.4 OZ	161934	164328	\$7.99	\$60.79
Crispy Fingers, Chipotle Lime ✓	8	9.5 OZ	161939	162850	\$7.99	\$60.79
Crispy Tenders, Seven Grain ✓	8	9 OZ	161942	164326	\$7.99	\$60.79
Fishless Filet ✓	8	10.1 OZ	161227	161228	\$7.99	\$60.79
Meatless Meatballs ✓	8	12.7 OZ	159410	164134	\$7.99	\$60.79
Porkless Bites ✓	8	10.5 OZ	161936	168147	\$7.99	\$60.79
Szechuan Beefless Strips ✓	8	10.6 OZ	163573	163574	\$7.99	\$60.79
Teriyaki Chick'n Strips ✓	8	10.5 OZ	161937	162851	\$7.99	\$60.79
Turky Cutlets ✓	8	12.3 OZ	161940	162852	\$7.99	\$60.79

Gardein Protein International - Frozen Retail Pack Continued

Beefless Strips ✓	9	1 LB	122175	127155	\$10.99	\$93.99
Chick'n Breast ✓	4	12 CT	126463	127156	\$12.59	\$143.49
Chick'n Strips ✓	9	1 LB	104240	127163	\$10.99	\$93.99

George Washington

G.W. Broth, Brown	24	1 OZ	100781	101771	\$1.99	\$42.98
G.W. Broth, Golden	24	1 OZ	100780	101770	\$1.99	\$42.98

Grain Process - Bulk Food

11 Bean, Pea, Lentil Mis	1	1 KG	160750	-	\$3.99	
Bacon Bits	1	250 G	138510	-	\$2.49	
Baking Powder No Aluminum	1	250 G	119600	-	\$1.69	
Baking Soda Bicarbonated	1	500 G	144234	-	\$1.39	
Black Strap Molasses	12	907 G	136112	137670	\$4.99	\$53.89
Bulgar Coarse	1	1 KG	138841	-	\$3.29	
Camomile Herb Tea	1	75 G	136103	-	\$1.59	
Carob Chips Sweetened	1	500 G	138833	-	\$5.39	
Flax Seed Brown	1	1 KG	119639	127948	\$6.09	\$66.69

Product	Case Pack	Size	Single Sku	Case Sku	Single price	Case Price
Carob Chips Unsweetened	1	500 G	119189	-	\$6.69	
Carob Powder	1	500 G	139219	-	\$3.99	
Corn Meal - Organic	1	1 KG	141434	-	\$4.49	
Corn Starch	1	250 G	138847	-	\$0.89	
Egg Replacer	1	350 G	165520	-	\$8.99	
Epsom Salt	1	1 KG	138461	-	\$2.59	
Fancy Barbados Style Molasses	12	907 G	163110	137671	\$6.29	\$75.82
Gluten Flour	1	1 KG	138458	138459	\$10.49	\$96.69

Hot Chocolate Powder All Natural	1	500 G	138456	-	\$3.49	
Lentils Green	1	1 KG	119656	-	\$3.99	
Millet Hulled	1	1 KG	119669	-	\$4.99	
Millet Hulled - Organic	1	1 KG	119671	-	\$4.89	
Mixed Fruit Herb Tea	1	60 G	136102	-	\$1.59	
Nutritional Yeast	1	200 G	138900	138901	\$5.19	\$100.79
Peppermint Herb Tea	1	60 G	136099	-	\$1.59	
Pumpkin Seeds - Hulled	1	500 G	138845	-	\$6.99	
Rolled Oats Large Flakes	1	1 KG	119733	-	\$2.59	
Rolled Oats Large Flakes - Organic	1	1 KG	164587	-	\$4.29	
Rolled Oats Quick Cook - Organic	1	1 KG	119735	-	\$4.29	
Psyllium Seed Husk	1	400 G	139230	-	\$9.99	
Rosehip Herb Tea	1	60 G	136098	-	\$1.59	
Sea Salt Course	1	1 KG	138498	-	\$3.09	
Sea Salt Fine	1	1 KG	138500	-	\$2.99	
Sugar Fine - Organic	1	550 G	160747	-	\$2.69	
Soup Mix (Beans, Peas & Pasta)	1	1 KG	138870	-	\$3.79	
Steel Cut Oats	1	1 KG	162544	-	\$2.96	\$27.00
TVP Unflavoured Chunk	40	500 G	162967	139245	\$3.75	\$149.80
TVP Unflavoured Chunk	20	1 KG	139243	139245	\$7.49	\$149.80
TVP Unflavoured Minced	44	500 G	160113	127375	\$3.65	\$156.99
TVP Unflavoured Minced	20	1 KG	120068	127375	\$7.29	\$156.99
TVP Unflavoured Sliced	44	500G	162968	139241	\$3.99	\$155.99
TVP Unflavoured Sliced	20	1 KG	139240	139241	\$7.99	\$155.99
Vegetable Flakes Dried Mix	1	200 G	138511	-	\$2.69	

Happy Veggie World

Vegan Bacon ✓	10	300 G	143857	165153	\$9.59	\$91.19
Vegan Black Pepper Steak ✓	10	300 G	143859	143869	\$8.09	\$76.89
Vegan Chicken Drumstick ✓	10	290 G	163936	164318	\$10.79	\$102.59
Vegan Citrus Spareribs ✓	10	300 G	143860	143870	\$8.09	\$76.89
Vegan Ginger Chicken ✓	10	300 G	143858	143868	\$8.09	\$76.89
Vegan Kung Pao Beef ✓	10	300 G	144926	147828	\$8.59	\$81.69
Vegan Kung Pao Chicken ✓	10	300 G	143861	143871	\$8.09	\$76.89
Vegan Lemon Chicken ✓	10	300 G	151563	151564	\$8.09	\$76.89
Vegan Spicy Beef ✓	10	300 G	151559	151560	\$8.09	\$76.89
Vege Black Pepper Chicken Patty	10	454 G	143855	143865	\$12.39	\$117.79
Vege Fried Prawns	10	300 G	150236	150237	\$10.99	\$104.49
Vege Stewed Mutton	10	300 G	150238	150239	\$8.99	\$85.49
Vege Stewed Mutton	4	3 KG	162459	152785	\$77.89	\$295.99

Product	Case Pack	Size	Single Sku	Case Sku	Single price	Case Price
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Jamaican Patties

Veggie Patty	1	12 CT	163224	164372	\$1.99	\$15.99
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Jack Jr.

Meatless Beef Flavoured Soup Base	30	454 G	136082	137676	\$7.59	\$180.00
Meatless Chicken Flavoured Soup Base	30	454 G	136083	137677	\$7.59	\$180.00
Beef Gravy	22	500 G	138849	-	\$5.29	
Chicken Gravy	22	500 G	138851	-	\$5.29	

Lindsay Olive

Olives, Green - Pitted	12	170 G	100747	101592	\$4.99	\$56.79
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Loma Linda Tradition - Canned Retail Pack

Big Franks ✓	12	20 OZ	100461	101587	\$12.49	\$137.99
Big Franks - Low Fat ✓	12	20 OZ	100510	101725	\$12.49	\$137.99
Chili	12	20 OZ	100486	101701	\$10.79	\$118.99
Choplets ✓	12	20 OZ	100488	101703	\$12.49	\$137.99
Diced Chik	12	13 OZ	100496	101711	\$10.79	\$118.99
Fri Chik	12	12.5 OZ	100498	101713	\$10.79	\$118.99

Fri Chik - Low Fat	12	12.5 OZ	100506	101721	\$10.79	\$118.99
Fried Chik'n With Gravy	12	13 OZ	100465	101591	\$10.79	\$118.99
Linketts ✓	12	20 OZ	100459	101585	\$12.49	\$137.99
Nutmeat ✓	6	14.6 OZ	164146	164790	\$8.99	\$49.99
Nutolene ✓	6	14.6 OZ	164791	164792	\$8.99	\$49.99
Prime Stakes	12	13 OZ	100500	101715	\$10.79	\$118.99
Redi Buger ✓	12	19 OZ	100457	101582	\$12.49	\$137.99

Loma Linda Tradition - Canned Retail Pack Continued

Roma - Original	6	7 OZ	100483	101678	\$12.99	\$73.99
Saucettes	12	19 OZ	100492	101707	\$12.49	\$137.99
Super Links	12	19 OZ	100505	101720	\$12.49	\$137.99
Swiss Stake With Gravy	12	13 OZ	100454	101570	\$10.79	\$118.99
Tender Bits ✓	12	19 OZ	100458	101583	\$12.49	\$137.99
Tender Rounds	12	19 OZ	100453	101578	\$12.49	\$137.99
Tuno Spring Water ✓	12	5 OZ	165778	165779	\$2.59	\$28.49
Vege Burger - Low Fat ✓	12	20 OZ	100456	101581	\$12.49	\$137.99
Vegetable Skallops ✓	12	20 OZ	100493	101708	\$12.49	\$137.99
Vegetable Steaks	12	20 OZ	100503	101718	\$12.49	\$137.99
Vegetarian Burger	12	20 OZ	100484	101699	\$12.49	\$137.99
Veja Links	12	19 OZ	100504	101719	\$12.49	\$137.99
Veja Links - Low Fat	12	19 OZ	100508	101723	\$12.49	\$137.99

Loma Linda Tradition - Canned Food Service

Big Franks ✓	6	96 OZ	100462	101588	\$42.99	\$242.99
Chili	12	50 OZ	100487	101702	\$21.29	\$242.99
Fri Chik	12	42 OZ	100499	101714	\$26.79	\$294.69
Linketts ✓	6	96 OZ	100460	101586	\$42.99	\$242.99
Prime Stakes	12	47 OZ	100501	101716	\$26.79	\$294.69
Super Links	6	96 OZ	162825	162826	\$42.99	\$242.99
Swiss Stake With Gravy	12	47 OZ	100455	101580	\$26.79	\$294.69
Vegetarian Burger	12	50 OZ	100485	101700	\$26.79	\$294.69
Vegetable Skallops ✓	12	50 OZ	100494	101709	\$26.79	\$294.69

Product	Case Pack	Size	Single Sku	Case Sku	Single price	Case Price
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Mayacamas

Brown Gravy	12	19 G	159425	-	\$2.09	
Chicken Gravy	12	19 G	159426	-	\$2.09	
Country Gravy	12	19 G	160789	-	\$2.09	
Savory Herb Gravy	12	19 G	159427	-	\$2.09	
Turkey Gravy	12	19 G	159428	-	\$2.09	

McKay's Seasoning - Retail Pack

McKays Beef - No MSG	12	340 G	100732	-	\$12.19	
McKays Beef - Regular	12	340 G	100729	-	\$12.19	
McKays Beef - Vegan ✓	12	340 G	100735	-	\$13.99	
McKays Chicken - No MSG	12	340 G	100730	-	\$10.99	
McKays Chicken - Reg	12	340 G	100728	-	\$10.99	
McKays Chicke - Vegan ✓	12	340 G	100734	-	\$13.99	

McRory

Buckwheat Honey	12	500 G	164131	-	\$9.49	
Creamed Honey	12	500 G	164132	-	\$8.49	
Honey	12	500 G	157376	-	\$7.49	
Honey	12	1 KG	157375	-	\$12.99	

Milkadamia Milk - Retail Pack

Original	6	32 OZ	164709	-	\$5.49	
Unsweetened Original	6	32 OZ	164711	-	\$5.49	
Unsweetened Vanilla	6	32 OZ	164713	-	\$5.49	

Morningstar Farms - Frozen Retail Pack

Bacon Strips	12	150 G	100553	101872	\$7.49	\$85.49
Buffalo Wings ✓	6	298 G	100568	101888	\$7.49	\$42.99
Chik'n Nuggets ✓	6	298 G	100567	101887	\$7.49	\$42.99
Chik'n Strips	6	10 OZ	100514	108976	\$7.69	\$43.79
Chik Patties - Original	8	10 OZ	100566	101886	\$7.49	\$56.99
Chik Patties - Buffalo	7	10 OZ	168090	168091	\$8.69	\$57.79
Chipotle Black Bean Crumbles	6	12 OZ	160641	160642	\$7.69	\$43.79
Corn Dogs	8	284 G	100562	101883	\$7.69	\$56.79
Grillers - Original	8	256 G	100557	101878	\$7.49	\$56.29
Grillers - Crumbles	6	340 G	100583	154574	\$7.69	\$43.79
Grillers - Prime	8	284 G	100467	101596	\$7.49	\$56.99
Popcorn Chik	6	228 G	169340	169341	\$7.49	\$42.99
Sausage Links	12	225 G	100548	101870	\$7.49	\$85.47
Sausage Patties - Original	6	228 G	100551	101871	\$7.49	\$42.99
Sausage Patties - Maple	6	228 G	129386	129387	\$7.49	\$42.99
Sausage Patties - Hot & Spicy	6	228 G	132430	132431	\$7.49	\$42.99
Sausage Pizza Bites	6	270 G	169342	169343	\$7.49	\$42.99
Spicy Black Bean Burger	8	11 OZ	100558	101879	\$7.49	\$56.99
Tomato & Basil Pizza Burger	8	9.5 OZ	100466	101595	\$7.49	\$56.99
Veggie Dogs	8	238 G	149001	149002	\$7.49	\$56.99

Morningstar Farms - Frozen Food Service

Breakfast Strips	18	150 G	121257	127499	\$5.99	\$102.49
Chik'n Nugget ✓	1	10 LB		100575		\$137.09
Chik Patties	4	16 CT	100574	101894	\$29.29	\$111.49
Grillers	4	12 CT	100559	101880	\$20.29	\$76.99
Sausage Patties	1	112 CT	-	100552		\$129.99
Sausage Links	1	8.5 LB	-	100549		\$129.99

Product	Case Pack	Size	Single Sku	Case Sku	Single price	Case Price
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Veggie Paradise

Vegan Chicken Pot Pie ✓	1	300 G	151248	-	\$7.99	
Vegan Lasagna ✓	1	500 G	151247	-	\$8.29	
Vegan Mutton ✓	4	3 KG	152784	162452	\$91.99	\$331.49
Vegan Spring Rolls ✓	1	10 CT	151250	-	\$7.99	

Worthington Foods - Frozen Retail Pack

Chicketts Roll ✓	12	454 G	100523	101742	\$13.29	\$151.49
Deli Slices - Chicken	8	8 OZ	100518	162844	\$7.69	\$58.49
Deli Slices - Corned Beef	8	8 OZ	100512	101727	\$7.69	\$58.49
Deli Slices - Ham	8	8 OZ	100524	101743	\$7.69	\$58.49
Deli Slices - Roast Turkey	8	195 G	168901	168915	\$7.69	\$58.49
Deli Slices - Salami ✓	8	8 OZ	164701	164702	\$7.69	\$58.49
Deli Slices - Turkey	8	8 OZ	162845	162846	\$7.69	\$58.49
Dinner Roast	6	907 G	100535	101754	\$26.29	\$149.99
Fripats	8	9 OZ	100538	101757	\$7.99	\$60.79
Leanies	8	241 G	100526	101745	\$7.99	\$59.99
Prosage Roll	12	454 G	100529	101748	\$13.29	\$151.49
Sausage Links	8	225G	165782	165783	\$7.69	\$58.49
Steaklets	8	284 G	100537	101756	\$7.99	\$58.99
Vege Tuna Roll ✓	12	12 OZ	129196	129197	\$8.99	\$102.49
XL Sausage Patties	8	212 G	168900	168912	\$10.29	\$78.29

Worthington Foods - Frozen Foodservice

Chicketts Roll ✓	4	4 LB	164812	164813	\$49.99	\$189.99
Chicken Roll	4	4 LB	100520	101739	\$49.99	\$189.99
Corned Beef Roll	4	4 LB	100513	101728	\$49.99	\$189.99
Fripats	4	12 CT	100539	101758	\$21.79	\$82.99
Ham Roll	4	4 LB	100525	101744	\$49.99	\$189.99

Leanies	1	112 CT		108978		\$123.99
Salami Roll V	4	4LB	164703	164704	\$49.99	\$189.99
Smoked Turkey Roll	4	4 LB	100534	101753	\$49.99	\$189.99
Vegan Turkey Roll	4	4 LBS	112875	112879	\$49.99	\$189.99

Product	Case Pack	Size	Single Sku	Case Sku	Single price	Case Price
Sweets From The Earth - Frozen V						
Assorted Cupcakes	4	320 G	169078		\$11.99	
Black & White Cupcakes	4	320 G	169079		\$11.99	
Chocolate Chip Cookie Dough (Nut Free)	12	454 G	169075		\$7.49	
Chocolate Fudge Cake Pan	1	700 G	169087		\$15.99	
Cookies & Cream Cake Dome	1	7 INCH	169081		\$32.99	
Culcherd It's Not Cheese	1	115 G	169088		\$12.49	
Dairy Free Blueberry Cheese Cake	14	800 G	169077		\$14.99	
Gluten Free Chocolate chip Dough	12	454 G	169086		\$7.49	
Gluten Free Chocolate cake Pan	1	700 G	169087		\$15.99	
Lemon Raspberry Cake	4	7 INCH	169082		\$32.99	
Peppermint Nanaimo Bar	12	80 G	169085		\$2.79	
Smores Cake	1	7 INCH	169083		\$32.99	
Vanilla Nanaimo Bar (Gluten Free)	12	80 G	169084		\$2.79	