

# July Sales

	<b>Regular</b>	<b>Sale</b>
Apple Fritters	\$1.50 each or	<b>\$7.50/6 pack</b>
Walnut crumbs	\$16.95	<b>\$14.95/kg</b>
Spelt, org flakes	\$7.00	<b>\$5.95/kg</b>
Spelt Flour, organic light	\$7.00	<b>\$5.95/kg</b>
Bacon Bits, soya pieces	\$14.50	<b>\$10.50/kg</b>
Oat bran, bulk	\$3.29	<b>\$1.95/kg</b>
Cherries, dried	\$7.50	<b>\$6.95/250g pkg</b>
Bulgur Wheat, organic	\$7.95	<b>\$5.95/kg</b>
Prunes, whole pitted	\$10.25	<b>\$8.75/kg</b>
Kidney beans	\$4.50	<b>\$3.75/kg</b>
Whip cream Stabilizer	\$4.25	<b>1.95/100 g</b>
Coriander, whole seed	\$1.40	<b>\$0.14/100g</b>
Mustard Seed, whole	\$0.98	<b>\$0.50/100g</b>
Pickling Spice	\$2.55	<b>\$1.50/100g</b>
Prunes, whole, pitted	\$10.25	<b>\$8.95/kg</b>
Sweet & Salty Trail mix	\$10.50	<b>\$8.95/kg</b>

**Frozen Bread Special, white or multi grain buns - 10%**

**COOK BOOK SPECIALS, SEE ATTACHMENT BELOW**



## COOK BOOK SPECIALS

**ROGERS, 65<sup>TH</sup> ANNIVERSARY BOOK, Favorites Past & Present** **\$14 on for \$10**

This book is a collection of muffins, machine and by hand breads, main dishes, cookies, cakes and desserts.

**COMPANY'S COMING, Canadian Heritage Breads** **\$20 on for \$10**

This is collection of homemade bread recipes includes step by step instructions for a variety of heritage breads brought to Canada from immigrants. It includes recipes for bannock, sourdough stollen and more