SPECIALTY FOOD DIRECTORY



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# Lake Country Harvest - 250-766-1373

**Contact:** Paula Diakiw

Toll Free:

**Phone:** 250-766-1373

Cell: Fax: Email:

Website: http://www.lakecountryharvest.com

**Address:** 

6948 McCoubrey Road Lake Country, BC V4V 2L3

**Regions Supplied:** All of BC

**Company Notes:** 

#### **Products Available:**

Gluten -Free Muesli -

### Apple Chips - Year Round

Apple Chips 30g and 105g size bags available. Okanagan apples are the best! From MacIntosh and Spartan, to specially requested varieties, we slice and dry them into apple chips without any additives.

# Baby Beavers Peacans - Fall Winter

Seasonal treat of pecans, fresh creamery caramel and chocolate. Look for us in November/December, or order some now!

#### Creamy Caramels - Fall Winter

A fall/winter treat of cubes of fresh caramel, robed in good chocolate and sprinkled with specialty salts.

### Dried Fruits - Year Round

Dried Cherries, Dried Montmorency and Danube (Sour) Cherries, Dried Blueberries, Dried Plums, Pineapple Crisps, Peach Chips Dried Apples, Dried Pears, Dried Apricots and Dried Organic Blueberries

#### Dried Veggies - Year Round

Dried Sweet Peppers, Dried Leeks, Dried Glenmore Road Roma Tomatoes, Dried Chanterelles, Pine and Honey Mushrooms and Dried Morels.

# Heavenly Muesli - Year Round

Heavenly Muesli 400g size bags available. We have developed a beautiful combination of Oats, fruit, seeds, nuts and proteins that has NO ADDED SUGAR or oils. We add at least 5 BC fruits to every batch, from Westham Island Strawberries, Richmond Blueberries, Oyama apricots and peaches, Carrs Landing Crabapples, and Winfield apples and pears. A great way to celebrate the bounty of BC.

#### Honey?d Almonds - Fall Winter

Flavours include: Cajun, Madras Curry, Sweet Chili and Heat

### Misc. Jams - Fall Summer

Strawberry

Organic Strawberry

Raspberry

Organic Raspberry

Blackberry

Lapin Cherry

Peach

Peach Polkadot (Peach with raspberries)

Apricot

Blueberry Lime

Blueberry with Cinnamon

Strawberry Rhubarb

Misc. Jellies -

# Misc. Preserves - Fall Summer

Pickled Beets

Canned Oyama Peaches

Peachy Barbecue Sauce

Get them while they last.....

### Pineapple Crisps - Fall Spring Winter

Pineapple Crisps 55g size bags available. We were longing for Hawaii when we started these. They are like transporting the taste buds to the beach. Perfect for hiking or snacking, or a car trip! They are a popular item, although they are either Costa Rican or Hawaiian product. Air dried to a crisp.

Available Seasonally

### Triple Treat - Fall Winter

A delicious combination of dried cherries, toasted whole almonds and Organic 70% cocoa domes

### Vegan Power Bars - Year Round

# Nonuttin' Foods Inc. - 866-714-5411

**Contact:** Alana Elliott

Toll Free:

**Phone:** 866-714-5411

Cell:

Fax: 888-738-7732
Email: info@nonuttin.com

Website: http://www.nonuttin.com

#### Address:

2911-1 Allenby Road Duncan, BC V9L 4T8

**Regions Supplied:** All of BC

#### **Company Notes:**

Nonuttin' Foods Inc. manufactures granola bars for the growing number of food allergic people and their families. Free of 8 of the top 10 food allergens, Nonuttin' Granola Bars also make a tasty snack for peanut and nut-free schools.

#### **Products Available:**

## Nonuttin' Granola Bars - Vanilla Cinnamon (Available August 2006) - Year Round

From a delicious orginal recipe created by the mother of a peanut and nut-allergic child, Nonuttin' Granola Bars are free of 8 of the top 10 food allergens. Nonuttin' Granola Bars have no: peanuts, tree nuts, dairy, seeds, egg, sulphites, trans fat, animal by-products. Nonuttin' Granola Bars are kosher-certified and suitable for vegetarians. Nonuttin' Granola Bars are particularly well suited as snacks for the growing number of peanut and nut-free schools. Nonuttin' Granola Bars are currently available in point-of-purchase boxes of 16 bars and packed in master cases of 4 boxes for a total of 64 bars. All individual bars and point-of-purchase boxes have UPC codes. Nonuttin' Granola Bars have a shelf life of 6 months from the date of manufacture.

### Nonuttin' Granola Bars - Apple Cinnamon - Year Round

From a delicious orginal recipe created by the mother of a peanut and nut-allergic child, Nonuttin' Granola Bars are free of 8 of the top 10 food allergens. Nonuttin' Granola Bars have no: peanuts, tree nuts, dairy, seeds, egg, sulphites, trans fat, animal by-products. Nonuttin' Granola Bars are kosher-certified and suitable for vegetarians. Nonuttin' Granola Bars are particularly well suited as snacks for the growing number of peanut and nut-free schools. Nonuttin' Granola Bars are currently available in point-of-purchase boxes of 16 bars and packed in master cases of 4 boxes for a total of 64 bars. All individual bars and point-of-purchase boxes have UPC codes. Nonuttin' Granola Bars have a shelf life of 6 months from the date of manufacture.

#### Nonuttin' Granola Bars - Chocolate Chip - Year Round

From a delicious orginal recipe created by the mother of a peanut and nut-allergic child, Nonuttin' Granola Bars are free of 8 of the top 10 food allergens. Nonuttin' Granola Bars have no: peanuts, tree nuts, dairy, seeds, egg, sulphites, trans fat, animal by-products. Nonuttin' Granola Bars are kosher-certified and suitable for vegetarians. Nonuttin' Granola Bars are particularly well suited as snacks for the growing number of peanut and nut-free schools. Nonuttin' Granola Bars are currently available in point-of-purchase boxes of 16 bars and packed in master cases of 4 boxes for a total of 64 bars. All individual bars and point-of-purchase boxes have UPC codes. Nonuttin' Granola Bars have a shelf life of 6 months from the date of manufacture.

#### Nonuttin' Granola Bars - Raisin - Year Round

From a delicious orginal recipe created by the mother of a peanut and nut-allergic child, Nonuttin' Granola Bars are free of 8 of the top 10 food allergens. Nonuttin' Granola Bars have no: peanuts, tree nuts, dairy, seeds, egg, sulphites, trans fat, animal by-products. Nonuttin' Granola Bars are kosher-certified and suitable for vegetarians. Nonuttin' Granola Bars are particularly well suited as

