

PREPAREDNESS

Phone: 250-549-0211 info@peaceofmindpreparedness.ca

www.peaceofmindpreparedness.ca

CODE	THRIVE Foods	RETAIL
	ITEM	
	GRAINS:	
2-0401	6 Grain Pancake Mix	14.08
2-0402	9 Grain Cracked Cereal	11.24
2-0405	Egg Noodle Pasta	12.71
2-0406	Elbow Macaroni	12.19
2-0409	Germade (Wheat Cereal)	12.19
2-0412	Instant White Rice	14.58
2-0418	Oat Groats NEW!	10.99
2-0403	Pearled Barley	10.71
2-0410	Quick Oats	9.44
2-0413	Spaghetti	17.45
2-0407	White Flour	10.63
2-0411	White Rice	12.64
2-0408	Whole Wheat Flour	11.34
	NEW! GLUTEN FREE GRAINS:	
2-0414	Amaranth	15.36
2-0404	Cornmeal	11.55
2-0415	Millet	12.24
2-0416	Quinoa	32.49
2-0417	Rice Flour	9.61
	VEGETABLES:	
2-0430	Broccoli - Freeze Dried	23.12
2-0431	Carrot Dices	20.54
2-0432	Cauliflower - Freeze Dried	16.19
2-0433	Celery - Freeze Dried	26.48
2-0447	Chopped Onions	16.33
ICO	THRIVE Foods	ICO

CODE	THRIVE FOODS	
	ITEM	CND RETAIL
2-0436	Chopped Onions - Freeze Dried	22.91
2-0442	Chopped Spinach - Freeze Dried	21.13
2-0445	Green Beans - Freeze Dried	19.34
2-0437	Green Peas - Freeze Dried	26.17
2-0446	Green Bell Peppers - Freeze Dried <i>NEW!</i>	19.74
2-0435	Mushroom Pieces - Freeze Dried	24.07
2-0441	Potato Beads	19.34
2-0440	Potato Chunks	16.16
2-0448	Potato Dices - Freeze Dried	23.02
2-0439	Red & Green Bell Peppers	21.13
2-0438	Split Green Peas	13.34
2-0434	Sweet Corn - Freeze Dried	22.60
2-0443	Sweet Potatoes	24.28
2-0449	Tomatoes Dices - Freeze Dried <i>NEW!</i>	53.74
2-0444	Tomato Powder	39.53
2-0451	Zucchini - Freeze Dried <i>NEW!</i>	22.74
2-0450	Veggie Combo - 6 Pack <i>NEW!</i>	99.99
	FRUITS:	
2-0461	Apple Chips	17.97
2-0476	Apple Sauce <i>NEW!</i>	36.11
2-0462	Apples Slices	18.60
2-0463	Apricots - Freeze Dried	33.51
2-0464	Banana Chips	13.24
2-0465	Banana Slices - Freeze Dried	32.82
2-0466	Blackberries - Freeze Dried	42.64
2-0467	Blueberries - Freeze Dried	44.42
2-0477	Red Seedless Grapes - Freeze Dried <i>NEW!</i>	55.61
2-0469	Mandarin Oranges - Freeze Dried	27.01
2-0468	Mangoes - Freeze Dried	29.41
2-0470	Peach Slices - Freeze Dried	34.88
2-0471	Pears - Freeze Dried	33.93
2-0472	Pineapple	22.18
2-0473	Pineapple Chunks - Freeze Dried	42.12
ICO CODE	THRIVE Foods	
	ITEM	ICO CND RETAIL

PRICES SUBJECT TO CHANGE WITH OUT NOTICE

2-0474	Raspberries - Freeze Dried	37.92
2-0475	Strawberries - Freeze Dried	30.58
2-0480	Fruit Combo - 6 Pack <i>NEW!</i>	159.99
MEAT REPLACEMENTS - TVP:		
2-0513	Bacon (TVP)	14.33
2-0514	Beef (TVP)	15.97
2-0515	Chicken (TVP)	15.49
2-0516	Ham (TVP)	17.34
2-0517	Sausage (TVP)	16.82
2-0518	Sloppy Joe (TVP)	22.70
2-0519	Taco TVP	19.23
BEANS:		
2-0491	Black Beans	17.66
2-0492	Kidney Beans	15.97
2-0497	Lentils	16.19
2-0493	Lima Beans	18.48
2-0494	Pinto Beans	13.45
2-0495	Small Red Beans	16.86
2-0496	Small White Navy Beans	16.19
2-0501	Instant Black Beans	16.74
2-0502	Instant Pinto Beans	16.36
2-0503	Instant Red Beans	16.36
BASICS:		
2-0534	Baking Powder	23.12
2-0535	Baking Soda	12.92
2-0537	Beef Bouillon	30.58
2-0536	Chicken Bouillon	32.99
2-0542	Iodized Salt	13.24
DESSERTS:		
2-0546	Fudge Brownies	19.02
2-0547	Macaroon Cookies	20.17
ICO CODE	THRIVE Foods	ICO CND RETAIL
	ITEM	
ENTREES:		
2-0533	Baked Potato Cheese Soup	46.00

PRICES SUBJECT TO CHANGE WITH OUT NOTICE

2-0538	Broccoli Cheese Soup	46.60
2-0548	Cheesy Potatoes with Chives	32.67
2-0539	Chicken Noodle Soup	33.16
2-0549	Vegetable Risotto	34.46
	DRINKS:	
2-0532	Apple Drink	21.97
2-0540	Orange Drink	19.55
2-0541	Peach Drink	21.17
	NEW DRINKS:	
2-0521	Mango Passion Drink Mix	27.61
2-0522	Melon Berry Burst Drink Mix	27.49
2-0523	Orange Bliss Drink Mix	23.36
2-0524	Orchard Apple Drink Mix	23.11
2-0525	Simply Peach Drink Mix	22.11
2-0526	Fruit Punch Performance Drink Mix	23.61