



# Manitoba Food Products Directory



2009



Manitoba 





## Message from Manitoba's Minister of Agriculture, Food and Rural Initiatives

It is my pleasure to present the *2009 Manitoba Food Products Directory* from Manitoba Agriculture, Food and Rural Initiatives.

This publication lists Manitoba food producers, processors and the products and services they supply to consumers and agri-food entrepreneurs at home and abroad. This information is also available at [web2.gov.mb.ca/agriculture/fpd/index.php](http://web2.gov.mb.ca/agriculture/fpd/index.php).

We designed this directory to meet two objectives. The first is to encourage Manitobans to buy foods and beverages produced at home by providing a comprehensive directory of local products and suppliers. The second is to help entrepreneurs, retailers and importers, in Manitoba and around the world, make connections with processors and suppliers of Manitoba-produced ingredients and products.

A complimentary tool, and a slightly different Internet approach, allows you to browse product categories and brands just like you would in a grocery store. That tool is our *Manitoba Shopping List* website at [manitoba.ca/agriculture/food/consumers/index.html](http://manitoba.ca/agriculture/food/consumers/index.html).

Manitoba has an excellent reputation as a high quality supplier of a wide range of crops and livestock commodities. Following stringent food safety and quality control standards, local processors use our primary agricultural products to create hundreds of superb food products. Manitoba's reputation is also on the rise as a leader in developing nutraceuticals, functional foods and organic food products.

Discover how convenient it is to source superb food products and ingredients from Manitoba using this directory and our websites. I'm confident Manitoba's food products, producers and processors rank highly among the best and most consistent you'll find anywhere.

A handwritten signature in black ink that reads "Rosann Wowchuk". The signature is written in a cursive, flowing style.

Rosann Wowchuk, Minister  
Manitoba Agriculture, Food and Rural Initiatives



# 2009 Manitoba Food Products Directory

This directory provides a comprehensive list of Manitoba food suppliers, brokers, distributors, and agri-food boards and associations.

Listings contain addresses, telephone numbers, fax numbers, company contacts, websites and product lists.

## Using the directory

- To make this directory user-friendly, it is divided into five indexes:
  - Alphabetical Listing
  - Product Category
  - Directory Listing
  - Brokers & Distributors
  - Manitoba Agri-Food Boards & Associations
- Current marketing areas are coded after the company name:
  - R - Regional**
  - P - Provincial**
  - N - National**
  - I - International**
- Codes:
  - (A) Indicates grown and processed in Manitoba
  - (B) Indicates processed in Manitoba
  - f** Indicates federally inspected meat or poultry plant; approved for international and inter-provincial export
  - \* Indicates Kosher product or Kosher version available
  - \*\* Indicates Halal product

• • •

*For information on Kosher authenticity, please contact:*

Rabbi G. Brojges, Rabbinic Administrator  
Western Kosher  
#C306-123 Doncaster Street  
Winnipeg, Manitoba Canada R3N 2B2  
Phone: 204-487-9571  
Fax: 204-477-7405  
Cellular: 204-333-5878  
SKYPE: gbrojges



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Companies or associations wishing to be included in future editions of this booklet should contact the Food Commercialization & Marketing Knowledge Centre, Manitoba Agriculture, Food and Rural Initiatives at:  
Phone: 204-239-3362  
Fax: 204-239-3180  
E-mail: [jacqueline.simpson-cleaver@gov.mb.ca](mailto:jacqueline.simpson-cleaver@gov.mb.ca)  
Manitoba Agriculture, Food and Rural Initiatives

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Is the registered trademark for the  
Manitoba Food Processors Association  
and indicates this company is a  
member of the MFPA

MB Meat Processors  
Association Member

Indicates this company is a member of  
the Manitoba Meat Processors Association

## Alphabetical Listing Index

Current marketing areas are coded after the company name:

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P	-	Provincial
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Can Oat Milling\*  
Country Lane Organic Grain & Milling  
Fresh Hemp Foods Ltd.\*  
Hemp Oil Canada Inc.\*  
Integrity Foods  
Prairie Flour Mills Ltd.\*  
Tall Grass Prairie Bread and Deli, Inc.  
Tall Grass Prairie Bread Company at The Forks

#### **Fresh Product**

Altar Bread  
Apple Valley Country Kitchen  
Bread and Circuses Bakery Café  
Cakes Unlimited  
Calypso Slices  
Ciambellina Cakes  
City Bread\*  
Del's Specialty Meats  
Donut House  
Double D's Cheesecake  
Flanders Cookie Company Inc.  
Gourmet Baker Inc.  
Graham's Groves  
Gunn's Homemade Cakes and Pastry Ltd.\*  
Harvest Bakery & Deli  
Integrity Foods  
J. G. Penner Bakery Ltd.  
Jeanne's Bakery Ltd.  
K.U.B. Bread  
Lilyfield Cakes  
Lucerne Bread Plant  
Mr. D's Tart-n-Pie  
Mum's Country Bakery/Apple Junction  
Patti Cakes Inc.  
Prairie Oven Inc.  
Prairie Seasons Bakery  
Suchot's Kitchen  
Sweet Alternative Desserts  
Tall Grass Prairie Bread and Deli, Inc.  
Tall Grass Prairie Bread Company at The Forks  
Taralli - The Italian Style Pretzel  
Weston Bakeries Ltd.  
Wheat Song Bakery  
Yummease Gourmet Dinner Service

**Frozen**

Cakes Unlimited\*  
City Bread\*  
Creative Food Products  
Double D's Cheesecake  
Graham's Groves  
Yummease Gourmet Dinner Service

**Mixes**

Brueggemann Organics Farms  
Empire Spice Mills\*  
Integrity Foods  
Pizzey's Nutritional\*  
Shoal Lake Wild Rice\*  
Tasty Tidbits

**Pie Filling**

Graham's Groves

**Beverages - Alcoholic****Beer**

Fort Garry Brewing Co. Ltd.  
Half Pints Brewing Company

**Distilled**

Angostura Canada Inc.  
Diageo Canada Inc.  
Totally Organic Beverages Inc.

**Wine**

D. D. Leobard Winery Inc.  
Rigby Orchards Estate Winery

**Beverages – Non Alcoholic****Coffee**

Bavarian Roasted Nuts  
Black Pearl Coffee  
Great Plains Hemp Farms  
Hemp Oil Canada Inc.\*  
Marg's Strawberry Patch  
Medallion Milk Company Ltd.  
Prairie Seasons Bakery  
Silent Creek Coffee  
Sunstone Coffee Roastery

**Juice/Drink**

Canadian Gold Beverages  
Clarus Canadian Springs  
Graham's Groves  
Lucerne Dairy Plant  
Miinan Wild Blueberries

Mum's Country Bakery/Apple Junction  
Saputo Milk Division\*  
Scott Bathgate Ltd.  
Sunstone Coffee Roastery

#### **Soft Drinks**

Canadian Gold Beverages  
Pepsi Bottling Group, Winnipeg\*  
Pic a Pop Inc.

#### **Tea**

Brueggemann Organics Farm  
Creative Spirit  
CTC Brewts  
Marg's Strawberry Patch  
Miinan Wild Blueberries  
Prairie Seasons Bakery  
Sunstone Coffee Roastery  
Uske International  
The Canadian Wild Rice Mercantile Ltd.  
Wild Things

#### **Water/Flavoured Water**

Canadian Gold Beverages  
Clarus Canadian Springs  
Corpell's Water  
Culligan Stewart Water Conditioning  
Delo Pure & Simple  
Jackson Springs Natural Spring Water  
Piney-Fine Natural Spring Water Inc.  
Sky Blue Water Inc.\*  
Thompson Water Factory Ltd.  
Trainor Artesian Water Co. Ltd.  
Waterro Corporation  
World of Water International Ltd.

#### **Candy/Confectionery/Nuts**

Bavarian Roasted Nuts  
Cavalier Candies Ltd.\*  
Chocolatier Constance Popp  
Just Fudge  
Morden's of Winnipeg Candy Mfg. Ltd.\*  
Prairie Lane Saskatoons Inc.  
Scott Bathgate Ltd.  
Sunstone Coffee Roastery  
Superior Harvest Foods Inc.\*  
Sweet Truth Canadian Gourmet Candy Co.  
The Danish Mermaid Ltd.

#### **Cereals**

Associated Brands Inc.\*  
Brueggemann Organics Farms  
Can-Oat Milling\*



## **Condiments/Relishes/Sauces/ Salad Dressing**

Birch Bay Seed & Honey Farm  
Elman's Food Products\*  
Greetalia Food Products Inc.  
Independent Fish Co. Ltd.  
Miinan Wild Blueberries  
Scott Bathgate Ltd.

## **Dairy**

### **Butter**

Notre Dame Creamery Ltd.\*  
Parmalat Dairy & Bakery Inc.\*  
Saputo Foods Ltd.\* (Winnipeg)

### **Cheese**

Bothwell Cheese Inc.\*  
Independent Fish Co. Ltd.  
Lucerne Foods - Ice Cream & Cheese Plant  
Notre Dame Creamery Ltd.\*  
Oak Island Acres Goat Dairy  
Parmalat\*  
Saputo Foods Ltd.\* (Winkler)  
Volga Enterprise Ltd.  
Winnipeg Old Country Sausage Ltd.

### **Ice Cream**

Lucerne Foods - Ice Cream & Cheese Plant  
Saputo Foods Ltd.\* (Winnipeg)  
The Danish Mermaid Ltd.

### **Milk Powder**

Medallion Milk Company Ltd.  
Parmalat Dairy & Bakery Inc.\*

### **Milk Products - Fluid**

Lucerne Dairy Plant  
Oak Island Acres Goat Dairy  
Parmalat Dairy & Bakery Inc. (Fluid Operations)\*  
Saputo Foods Ltd.\* (Winnipeg)

### **Whey**

Parmalat\*  
Saputo Foods Ltd.\* (Winkler)

## **Eggs and Egg Products**

Burnbrae Farms Limited\*  
Countryside Farms\*  
Inovatech Egg Products\*  
Logan Farms  
Nature's Farm

## **Fish**

Agassiz Aqua Farms Inc.  
Arctic Aquafarms  
Berscheid Meats  
Elman's Food Products\*  
Freshwater Fish Marketing Corporation\*  
Independent Fish Co. Ltd.  
Mariner Neptune Fish & Seafood Company Ltd.\*

## **Flax**

Brueggemann Organics Farms  
Catellier Seed Service Inc.\*  
Keystone Grain Ltd.\*  
Parent Seed Farms Ltd.  
Pitura Seed Service Ltd.  
Polar Foods Inc.  
Prairie Flax\*  
Roy Legumex Inc.  
Sabourin Seed Service Ltd.  
Toepfer International Ltd.  
Wyvill Farms (Seed)

## **Frozen**

Agassiz Aqua Farms Inc.  
Ann's Perogey Palace  
Apple Valley Country Kitchen  
Arctic Aquafarms  
Cakes Unlimited  
City Bread  
Creative Food Products  
Double D's Cheesecake  
Dunn-Rite Food Products Ltd.  
Elman's Food Products  
General Mills Canada  
Glenlochar Kitchens  
Gourmet Baker Inc.  
Graham's Groves  
Granny's Poultry Co-operative  
Independent Fish Co. Ltd.  
J.C. Foods Ltd.  
J.G. Penner Bakery Ltd.  
Jatlyn Gardens  
Jenkinson Meat Market  
Kroeker Farms  
Lucerne Foods - Ice Cream & Cheese Plant  
Maple Leaf (Pork)  
Maple Leaf Consumer Foods  
McCain Foods (Canada)\*  
McCain Foods Ltd.\*  
Naleway Foods Ltd.

Rigby Orchards Estate Winery  
Saputo Milk Division\* (Winnipeg)  
Simplot Potato Plant  
Sunpeak Foods  
The Danish Mermaid  
The Perogy Pantry

## **Fruit**

### **Fresh**

B2 Cattle Co./Bison Boutique  
Blue Lagoon Florascape  
Country Side Saskatoons  
Graham's Groves  
Kroeker Farms Limited  
Marg's Strawberry Patch  
Miinan Wild Blueberries  
Owltree Farm  
Prairie Lane Saskatoons Inc.  
Saskatoon Acres  
Stonelane Orchard

### **Frozen**

Graham's Groves  
Kroeker Farms Limited  
Rigby Orchards Estate Winery

### **Juice**

Graham's Groves  
Miinan Wild Blueberries  
Processed Whole Berries  
Prairie Lane Saskatoons Inc.

## **Fruit Leather**

Miinan Wild Blueberries  
The Canadian Wild Rice Mercantile Ltd.

## **Garnishes**

Seeds to Blooms

## **Gifts**

B2 Cattle Co./Bison Boutique  
Derrco Apiaries  
Frosty's Maple Syrup  
Glenlochar Kitchens  
Great Northern Wild Rice  
Gunn's Homemade Cakes & Pastry Ltd.  
Indian Head Wild Rice  
Just Fudge  
Lilyfield Cakes  
Maple Syrup of Manitoba  
Marg's Strawberry Patch

Miinan Wild Blueberries  
Northern Goose Processors Ltd./Northern  
Freedom Inc.  
Prairielane Saskatoons Inc.  
Pretty Valley Honey  
Rigby Orchards Estate Winery  
Seine River Shepherds  
Stonewood Elk Products Ltd.  
Sunnybrook Bee Farm  
Sweet Truth Canadian Gourmet Candy Co.  
Tasty Tidbits  
The Danish Mermaid Ltd.  
The Honey Shack  
The John Russell Honey Company  
Tundra Wild Rice Inc.  
Uske International  
Wild Things  
Wild West Seasonings  
Yummease Gourmet Dinner Service

### **Grains and Seeds**

ADM Malting Canada Ltd.  
Associated Proteins LP\*  
Besco Grain Ltd.\*  
Brueggemann Organics Farms  
Catellier Seed Service Inc.\*  
Can-Oat Milling  
Country Lane Organic Grain & Milling  
DeRuyck Organic Farms  
Integrity Foods  
Johnson Seeds  
Keystone Grain Ltd.\*  
Pizzey's Nutritional\*  
Pollock Farms  
Prairie Flax\*  
Prairieland Grain Co. Ltd.  
Rigby Orchards Estate Winery  
Roy Legumex Inc.  
Sabourin Seed Service Ltd.  
Toepfer International Ltd.  
Viterra - Carman  
W.H. Escott Company Ltd.  
Wyvill Farms (Seed)

### **Hemp**

Clarus Canadian Springs  
Fresh Hemp Foods Ltd.\*  
Great Plains Hemp Farms.  
Hemp Oil Canada Inc.\*

## **Honey**

Ash Apiaries Ltd.\*  
B2 Cattle Co./Bison Boutique  
Bee Maid Honey Ltd.\*  
Birch Bay Seed & Honey Farm  
Bloomin' Prairie Honey Ltd.  
Brueggemann Organics Farms  
Burwalde Woods Honey Farm  
Derrco Apiaries  
Giguere Honey Farms  
Herb Isaac Sales Ltd.  
Interlake Forage Seeds Ltd.  
Matheson Natural Farm Products  
Meadowlark Honey Ltd.  
Prairie Lane Saskatoons Inc.  
Pretty Valley Honey  
Oaknook Honey Products Ltd.  
Schauzz Honey Farm  
Sunnybrook Bee Farm  
Tall Grass Prairie Bread and Deli, Inc.  
The Honey Shack  
The John Russell Honey Company  
Wendell Honey Farms



## **Ingredient Manufacturers and Suppliers**

ADM Malting Canada Ltd.  
Ash Apiaries Ltd.  
Besco Grain Ltd.  
Best Cooking Pulses, Inc.  
Brueggemann Organics Farms  
Bunge Canada\*  
Burcon NutraScience (MB) Corp.  
Burnbrae Farms Limited\*  
Can-Oat Milling\*  
Empire Spice Mills\*  
Fresh Hemp Foods Ltd.\*  
Great Plains Hemp Farms  
Hemp Oil Canada Inc.\*  
Herb Isaac Sales Ltd.  
Inovatech Egg Products\*  
Keystone Grain Ltd.\*  
Manitoba Starch Products\*  
Nutri-Pea Limited\*  
Parent Seed Farms Ltd.  
Pizzey's Nutritional\*  
Pollock Farms  
Prairie Flax\*  
Prairie Flour Mills Ltd.\*  
Prairie Lane Saskatoons Inc.  
Rigby Orchards Estate Winery  
Sabourin Seed Service Ltd.  
Scott Bathgate Ltd.

## **Jams, Jellies, Preserves, Toppings, Syrup**

Apple Valley Country Kitchen  
Bee Maid Honey Ltd.\*  
Bunge Canada\*  
Crampton's Manitoba Maid  
Famous Bicycling Chicks'Vegetable Farms  
Frosty's Maple Syrup  
Graham's Groves  
Maple Syrup of Manitoba  
Matheson Natural Farm Products  
Miinan Wild Blueberries  
Prairie Lane Saskatoons Inc.  
Rigby Orchards Estate Winery  
Scott Bathgate Ltd.  
Stonelane Orchard  
The Danish Mermaid Ltd.  
Wild Things

## **Kosher**

A.D.M. Milling Co.\*  
Ash Apiaries Ltd.\*  
Associated Proteins\*  
Associated Brands Inc.\*  
Bee Maid Honey Ltd.\*  
Besco Grain Ltd.\*  
Best Cooking Pulses, Inc.\*  
Bothwell Cheese Inc.\*  
Bunge Canada\*  
Burnbrae Farms Limited\*  
Can-Oat Milling\*  
Catellier Seed Service Inc.\*  
Cavalier Candies Ltd.\*  
City Bread\*  
Countryside Farms\*  
Eco-Farms Ltd.\*  
Elman's Food Products\*  
Empire Spice Mills\*  
Fresh Hemp Foods Ltd.\*  
Freshwater Fish Marketing Corporation\*  
Gunn's Homemade Cakes and Pastry Ltd.\*  
Hemp Oil Canada Inc.\*  
Inovatech Egg Products\*  
Johnson Seeds\*  
Keystone Grain Ltd.\*  
Manitoba Starch Products\*  
Mariner Neptune Fish & Seafood Company Ltd.\*  
McCain Foods (Canada)\*  
McCain Foods Ltd.\*  
Morden's of Winnipeg Candy Mfg. Ltd.\*  
Notre Dame Creamery Ltd.\*

Nutri-Pea Limited\*  
Old Dutch Foods Limited\*  
Parmalat Dairy & Bakery Inc. (Fluid Operations)\*  
Parmalat Dairy & Bakery Inc.\*  
Parmalat\*  
Pepsi Bottling Group, Winnipeg\*  
Pizzey's Nutritional\*  
Prairie Flax\*  
Prairie Flour Mills Ltd.\*  
Saputo Foods Ltd.\* (Winkler)  
Saputo Food Ltd.\* (Winnipeg)  
Shoal Lake Wild Rice\*  
Sky Blue Water Inc.  
W. H. Escott Company Ltd.\*

## **Meat Fresh and/or Processed**

### **Beef**

BJ Packers  
B2 Cattle Co./Bison Boutique  
Benito Meats 1995  
Berscheid Meats  
Carver's Knife  
Central Products and Foods Ltd.  
Cherway Limousin  
Country Meat & Sausage  
D.A.L. Meats  
Danny's Whole Hog Barbeque & Smokehouse  
Dauphin Meat Processors  
Del's Specialty Meats  
Ellice Meat Market Ltd.  
Glenlochar Kitchens  
Harborside Farms  
HMS Food Ltd.  
Interlake Packers Ltd.  
Jenkinson Meat Market  
Keystone Quality Meats  
Killarney Meats Ltd.  
Logan Farms  
Maple Leaf (Pork)  
Maple Leaf Consumer Foods  
McDonald Farm  
Oak Ridge Meats  
Oak River Quick Freeze  
Organic Ranchers Inc.  
Plains Processor Ltd.  
Prairie Rose Meats Ltd.  
Preferred Meats Inc.  
Schneider Foods  
Shellmouth Sausage Co.  
Smith's Quality Meats  
Spent Bros. Premium Meats

Spruce Ridge Black Angus Beef  
Souris Valley Processors  
Swan Lake Abattoir  
To-Le-Do Foodservice  
Trickle Creek Meats  
Triple C Beef  
Valley Meat Packers  
Winnipeg Old Country Sausage Ltd.  
[www.manitobabeef.com.ltd](http://www.manitobabeef.com.ltd)

### **Bison**

Benito Meats 1995  
Bison Spirit Ranch  
Carver's Knife  
Central Plains Bison  
Central Products and Foods Ltd.  
Danny's Whole Hog Barbeque & Smokehouse  
L/B Bison Ranch  
Mountain Valley Buffalo Inc.  
Oak Ridge Meats  
Oak River Quick Freeze  
Organic Ranchers Inc.  
Overby Bison  
Plains Processor Ltd.  
Prairie Rose Meats Ltd.  
Preferred Meats Inc.  
Rockwood Bison Ranch  
Smith's Quality Meats  
Souris Valley Processors  
To-Le-Do Foodservice  
Valley Meat Packers  
Vestfold Ranches Ltd.  
Winkler Meats Ltd.

### **Chicken**

Berscheid Meats  
Carver's Knife  
Central Products and Foods Ltd.  
Danny's Whole Hog Barbeque & Smokehouse  
Dauphin Meat Processors  
Dunn-Rite Food Products Ltd.  
Granny's Poultry Co-operative (Manitoba) Ltd.  
Harborside Farms  
J. C. Foods Ltd.  
Keystone Quality Meats  
Maple Leaf (Pork)  
Maple Leaf Consumer Foods  
Matheson Natural Farm Products  
Logan Farms  
Oak Ridge Meats  
Pop's Farm  
Prairie Orchard Farms Inc.



Prinsloo Pastures  
Sunpeak Foods  
Winnipeg Old Country Sausage Ltd.  
www.manitobabeef.com

**Duck**

Dunn-Rite Food Products Ltd.

**Elk**

Benito Meats 1995  
Carver's Knife  
Stonewood Elk Products Ltd.  
Prairie Rose Meats Ltd.  
Valley Meat Packers

**Game**

Benito Meats  
Pasak Farm Limited  
Plains Processor Ltd.  
Stonewood Elk Products Ltd.

**Goat**

Benito Meats 1995  
Harborside Farms  
Logan Farms

**Goose**

Northern Goose Processors Ltd./Northern  
Freedom Inc.

**Lamb**

Benito Meats 1995  
Danny's Whole Hog Barbeque & Smokehouse  
Logan Farms  
McDonald Farm  
Prinsloo Pastures  
Preferred Meats Inc.  
Seine River Shepherds  
Smith's Quality Meats  
Spent Bros. Premium Meats  
To-Le-Do Foodservice

**Pork**

BJ Packers  
Benito Meats 1995  
Berscheid Meats  
Carver's Knife  
Central Products and Foods Ltd.  
Country Meat & Sausage  
D.A.L. Meats  
Danny's Whole Hog Barbeque & Smokehouse  
Dauphin Meat Processors  
Del's Specialty Meats  
Eidse Family Farms  
Ellice Meat Market Ltd.



Harborside Farms  
HMS Foods Ltd.  
Ian Smith  
Interlake Packers Ltd.  
Jenkinson Meat Market  
Keystone Quality Meats  
Killarney Meats Ltd.  
Logan Farms  
Maple Leaf (Pork)  
Maple Leaf Consumer Foods  
Matheson Natural Farm Products  
McDonald Farm  
Oak Ridge Meats  
Oak River Quick Freeze  
Pioneer Meats  
Plains Processor Ltd.  
Prairie Abattoir Ltd.  
Prairie Orchard Farms Inc.  
Prairie Rose Meats Ltd.  
Preferred Meats Inc.  
Prinsloo Pastures  
Schneider Foods Retail Sales Division  
Shellmouth Sausage Co.  
Smith's Quality Meats  
Souris Valley Processors  
Spent Bros. Premium Meats  
Springhill Farms  
Swan Lake Abattoir  
To-Le-Do Foodservice  
Valley Meat Packers  
Winkler Meats Ltd.  
Winnipeg Old Country Sausage Ltd.  
[www.manitobabeef.com](http://www.manitobabeef.com)

### **Turkey**

Danny's Whole Hog Barbeque & Smokehouse  
Dunn-Rite Food Products Ltd.  
Central Products and Foods Ltd.  
Granny's Poultry Co-operative (Manitoba) Ltd.  
Harborside Farms  
Maple Leaf (Pork)  
Maple Leaf Consumer Foods  
Prairie Produce (1996) Inc.

### **Wild Boar**

Pasak Farm Limited

### **Oils and Fats**

Associated Proteins LP\*  
Bunge Canada\*  
Fresh Hemp Foods Ltd.\*  
Great Plains Hemp Farms

Hemp Oil Canada Inc.\*  
Polar Foods Inc.  
Toepfer International Ltd.  
Wyvill Farms

### **Organic/Natural**

A.D.M. Milling Co.\*  
Best Cooking Pulses, Inc.\*  
Bison Spirit Ranch  
Black Pearl Coffee  
Blue Lagoon Florascape  
Brar Natural Flour Mills  
Brueggemann Organics Farms  
Country Lane Organic Grain & Milling  
Countryside Farms  
DeRuyck Organic Farms  
Du Bois Wild Rice Ltd.  
Fresh Hemp Foods Ltd.\*  
Frosty's Maple Syrup  
Gourmet Mushroom Company  
Herb Isaac Sales Ltd.  
Indian Head Wild Rice  
Integrity Foods  
Keystone Grain  
Logan Farms  
Marg's Strawberry Patch  
Miinan Wild Blueberries  
Nature's Farm  
Organic Ranchers Inc.  
Peak of the Market  
Polar Foods Inc.\*  
Pollock Farms  
Pop's Farm  
Prairie Flour Mills Ltd.\*  
Prairie Oven Inc.  
Prairie Rose Meats Ltd.  
Prairie Seasons Bakery  
Rigby Orchards Estate Winery  
Sunpeak Foods  
Sweet Truth Canadian Gourmet Candy Co.  
Tall Grass Prairie Bread and Deli, Inc.  
Trickle Creek Meats  
Triple C Beef  
Tundra Wild Rice Inc.  
Wheat Song Bakery  
Wild Man Ricing  
The Canadian Wild Rice Mercantile Ltd.  
Wittmann Foods International Inc.  
Yummease Gourmet Dinner Service



## **Pasta**

Nature's Farm  
Old Fashioned Noodle Products  
Sunco Foods\*  
Sunpeak Foods  
Superior Harvest Foods Inc.\*

## **Peas, Beans and Lentils (Pulses)**

### **Consumer Ready**

Country Lane Organic Grain & Milling  
Eidse Family Farms  
W.H. Escott Company Ltd.\*

### **Soup Mix/Other**

Brueggemann Organics Farms  
Eidse Family Farms  
Glenlochar Kitchens

### **Bulk**

Agassiz Seed Farm  
Best Cooking Pulses, Inc.\*  
Eidse Family Farms  
Johnson Seeds  
Parent Seed Farms Ltd.  
Prairieland Grain Co. Ltd.  
Roy Legumex Inc.  
Sabourin Seed Service Ltd.  
Toepfer International Ltd.  
Vittera - Carman  
W. H. Escott Company Ltd.\*

## **Pizza**

Creative Food Products  
Del's Specialty Meats  
General Mills Canada  
Gunn's Handmade Cakes & Pastry Ltd.  
J. G. Penner Bakery Ltd.  
Maple Leaf Consumer Foods  
Spent Bros. Premium Meats

## **Prepared Foods**

Ann's Perogey Palace  
Apple Valley Country Kitchen  
Associated Brands Inc.\*  
Benito Meats  
Creative Food Products  
D.A.L. Meats  
Danny's Whole Hog Barbeque & Smokehouse  
Dauphin Meat Processors  
Del's Specialty Meats

Double D's Cheesecake  
Ellice Meat Market Ltd.  
Elman's Food Products\*  
General Mills Canada  
Gourmet Baker Inc.  
Gunn's Homemade Cakes and Pastry Ltd.\*  
Harvest Bakery & Deli  
Independent Fish Co. Ltd.  
J.C. Foods Ltd.  
K.U.B. Bread  
K.U.B. Bread  
Minnie's Handmade Ethnic Treats Inc.  
Mr. D's Tart-n-Pie  
Naleway Foods Ltd.  
Palumbo Food Ltd  
Sevala's Ukrainian Deli & Catering  
Shoal Lake Wild Rice\*  
Spent Bros. Premium Meats  
Sunco Foods\*  
Sunny Day Products Ltd.  
Sunpeak Foods  
Tall Grass Prairie Bread and Deli, Inc.  
The Country Perogy Shop  
The Great Gorp Project Inc.  
The Perogy Pantry  
Yummease Gourmet Dinner Service



## **Snacks**

### **Chips**

La Cocina Foods  
Old Dutch Foods Limited\*

### **Other**

Bavarian Roasted Nuts  
Best Cooking Pulses  
Bread and Circuses Bakery Café  
Cavalier Candies Ltd.\*  
Clarus Canadian Springs  
Elman's Food Products\*  
Fresh Hemp Foods Ltd.\*  
Great Plains Hemp Farms  
Hemp Oil Canada Inc.\*  
J.G. Penner Bakery Ltd.  
Miinan Wild Blueberries  
Prairie Lane Saskatoons Inc.  
Scott Bathgate Ltd.  
Sunny Day Products Ltd.  
W. H. Escott Company Ltd.\*

## **Soup**

Eidse Family Farms  
Glenlochar Kitchens  
Peak of the Market

Tasty Tidbits  
Wild Man Ricing

### **Soy**

Brueggemann Organics Farms  
Catellier Seed Service Inc.  
Parent Seed Farms Ltd.  
Pitura Seed Service Ltd.  
Rigby Orchards Estate Winery  
Roy Legumex Inc.  
Superior Harvest Foods Inc.\*  
Winnie's Winning Ways Ltd.

### **Spices, Seasonings and Flavourings**

Elman's Food Products\*  
Empire Spice Mills\*  
Harvest Bakery & Deli  
Independent Fish Co. Ltd.  
Scott Bathgate Ltd.  
Tasty Tidbits  
Wild West Seasonings

### **Spreads**

Bee Maid Honey Ltd.\*  
Birch Bay Seed & Honey Farm  
Bunge Canada\*  
Del's Specialty Meats  
Fresh Hemp Foods Ltd.\*  
Miinan Wild Blueberries  
Scott Bathgate Ltd.  
The Danish Mermaid

### **Sunflower Seeds**

DeRuyck Organic Farms  
Eco-Farms Limited\*  
Keystone Grain Ltd.\*  
Nestibo Agra Inc.\*  
Sabourin Seed Service Ltd.  
Scott Bathgate Ltd.  
Sunny Day Products Ltd.  
Superior Harvest Foods Inc.\*

### **Vegetables**

#### **Fresh**

Blue Lagoon Florascape  
Dufferin Market Gardens  
Famous Bicycling Chicks' Vegetable Farms  
Gourmet Mushroom Company

J.R. Greenhouses  
Loveday Mushroom Farms Ltd.  
Marg's Strawberry Patch  
Mayfair Farms  
Owltree Farm  
Pollock Farms  
Stonelane Orchard  
The Canadian Wild Rice Mercantile Ltd.  
Windy Ridge Gardens

**Frozen/Processed/Dried**

CM Classen Farm  
Elman's Food Products\*  
McCain Foods (Canada)\*  
McCain Foods Ltd.\*  
Simplot Potato Plant

**Wild Rice**

Arseniuk Wild Rice  
Brueggemann Organics Farms  
Du Bois Wild Rice Ltd.  
Great Northern Wild Rice  
Indian Head Wild Rice  
Shoal Lake Wild Rice\*  
The Canadian Wild Rice Mercantile Ltd.  
Tundra Wild Rice Inc.  
Wild Man Ricing



## Directory Listing

### A

#### **ADM Malting Canada Ltd. (R,P,N,I)**

3001 Dugald Road  
Winnipeg, Manitoba R2C 5H4  
Phone: 204-943-0741  
Fax: 204-947-6791  
malt@admworld.com  
www.admworld.com  
Contact: Steve Furcich, President

(A)  
Barley

(B)  
Barley Malt

#### **A.D.M. Milling Co\* (R,P)**

7 Higgins Avenue  
Winnipeg, Manitoba R3B 0A1  
Phone: 204-925-2100  
Fax: 204-947-1788  
Contact: Brian Guyda, Commercial Manager

(A)  
Manufacturers and suppliers of bulk white and  
whole wheat flours, bleached and unbleached  
Bagged flour - 10 & 20 kg  
Standard Bakers, Hi Protein, No Time  
Strong Bakers, Top Patent, Whole Wheat,  
Stone Ground, Organic  
Bulk pelleted mill feeds

#### **Agassiz Aqua Farms Inc. (R,P,N,I) fi**

Box 4, Group 232, RR #2  
Selkirk, Manitoba R1A 2A7  
Phone: 204-785-8410  
info@agassizaquafarms.com  
www.agassizaquafarms.com  
Contact: John Bottomley, President

(A)  
Fresh & frozen farm raised - whole or fillets:  
Arctic Char; Rainbow Trout



### **Agassiz Seed Farm (R,P,N,I)**

Box 54  
Homewood, Manitoba R0G 0Y0  
Phone: 204-745-2868  
Fax: 204-745-3841  
agassizeed@mts.net  
Contact: Earl Froebe, President



(A)

We grow, condition, and package soybeans and edible beans for domestic and export markets

### **Altar Bread (R)**

59 Speers Road  
Winnipeg, Manitoba R2J 1M4  
Phone: 204-237-8011  
Fax: 204-233-3782  
Contact: Remi Brengman, President

Manufacturer of Church Communion Wafers

### **Angostura Canada Inc. (R,P,N)**

251 Saulteaux Crescent  
Winnipeg, Manitoba R3J 3C7  
Phone: 204-889-5500  
Fax: 204-831-5926  
info@angostura.ca  
www.angostura.ca



Contact: Horace Bhopalsingh, General Manager  
Karen Jurkowski, Marketing & Sales  
Coordinator  
Ahmed Khan, Plant Operations Manager

(B)

Liquor flavours: Black Forest Cream; XO Maple;  
Chocolate Raspberry Cream; Angostura Black;  
Holiday Nog Cream  
Tequila flavours: Hoja Viega Gold; Hoja Viega Silver;  
Margarita Ice; Strawberry Margarita Ice

### **Ann's Perogey Palace (R,P)**

413 Magnus Avenue (@ Salter Street)  
Winnipeg, Manitoba R2W 2C2  
Phone: 204-586-7842  
Fax: 204-586-0687  
annsperogeys@mts.net  
Contact: Carol Anne Barker or  
Bohdan Tymo

(A)

PEROGEYS - "Handmade"  
Potato & Cheddar Cheese

Potato & Fried Onion  
Potato & Cottage Cheese  
Meat & Potato  
Sauerkraut  
Cottage Cheese  
"Extra Cheesy" Potato & Cheddar Cheese  
- Packaged in 1 or 3 dozens  
COMMERCIAL PEROGEYS  
Potato & Cheddar Cheese  
- fresh or frozen  
- 12 dozen cases or 4 dozen bags  
PERESHKEY (baked buns)  
Sauerkraut  
Potato & Fried Onion  
Meat & Potato  
"Extra Cheesy" Potato & Cheddar Cheese  
- 1, 2, 3 dozen bags  
CABBAGE ROLLS  
Rice & Bacon  
Rice & Beef  
Rice & Fried Onion  
- all contain tomato sauce  
- 1 dozen trays fully cooked (fresh)  
- 2 1/2 + 4 dozen roasters (frozen)  
- all roasters are 3/4 cooked

### **Apple Valley Country Kitchen (R)**

645 Broadway, Box 184  
Cartwright, Manitoba R0K 0L0  
Phone: 204-529-2427  
Fax: 204-529-2427  
Contact: Esther Penner

(B)

Breads: Multigrain; Cranberry Orange; Raisin, Rye,  
Cinnamon, Herb, White, Brown & specialty loaves  
Cookies, Muffins, Pies, Buns, Cinnamon Rolls  
Fresh/frozen Pizza Crusts & Pizzas  
Frozen Cookie Dough  
Frozen Burritos, Enchiladas, Chimichangas  
Jams & Jellies with local fruit  
Artisian Bakery/Restaurant - dine-in or take out

### **Arctic Aquafarms (R,P,N,I)**

Box 51  
Garson, Manitoba R0E 0R0  
Phone: 204-268-3327  
Fax: 204-338-0656  
gsfp@mts.net  
Contact: Peter K. Palashuk, Vice-President  
& General Manager

Arctic Char & Rainbow Trout  
Dressed fillets, Smoked, Fresh or frozen

**Arseniuk Wild Rice (R,P,N,I)**

P. O. Box 356  
Lac du Bonnet, Manitoba R0E 1A0  
Phone: 204-345-2277  
Fax: 204-345-8674  
jarseniuk@yahoo.com  
Contact: Harry Arseniuk

(A)  
Wild rice in bulk, also 454 g  
Pre-packaging upon request

**Ash Apiaries Ltd.\* (R,P,N,I) fi**

Box 297  
Gilbert Plains, Manitoba R0L 0X0  
Phone: 204-548-2036  
Fax: 204-548-2112  
flash@mts.net  
www.ashapiaries.com  
www.sunshinevalleyhoney.com  
Contact: Bryan or Floyd Ash

(A)  
Honey\*: creamed, liquid, flavoured  
Wholesale  
Retail  
Sunshine Valley Brand

**Associated Brands Inc.\* (R,P,N,I)**

Prairie Maid Plant  
905 Berry Street  
Winnipeg, Manitoba R3H 0S7  
Phone: 204-783-1363  
Fax: 204-783-5902  
mnolette@associatedbrands.com  
www.associatedbrands.com  
Contact: Martin Nolette, Plant Manager  
Todd Masse, Sales Director  
Phone: 416-503-7014  
Fax: 416-259-4317



(A)  
Prairie Maid Wheat Krisps 12/225 g  
Prairie Maid Wheat Krisps 12/450 g  
Prairie Maid Start Right Rice 12/225 g  
Newport Fluffs Puffed Wheat 24/175 g  
Newport Fluffs Puffed Wheat 12/400 g

### **Associated Proteins LP\* (P,N,I)**

Box 270, 386 Industrial Park Road  
Ste. Agathe, Manitoba R0G 1Y0  
Phone: 204-882-2565  
Fax: 204-882-2571  
rteffaine@associatedproteins.com  
www.associatedproteins.com  
Contact: Rob Teffaine

(A)  
Expeller Press Canola Oil\*  
High Energy Expeller Press Canola Meal

## **B**

### **BJ Packers (R,P)**

Box 609  
Beausejour, Manitoba R0E 0C0  
Phone: 204-268-3056  
Fax: 204-268-3056  
Contact: Pat or Jason Haywood

MB Meat Processors  
Association Member

(A)  
Block ready Beef  
Beef sides & cuts  
Pork retail cuts  
Custom slaughter of Beef & Pork

### **B2 Cattle Co./Bison Boutique (R,P)**

Box 274  
Austin, Manitoba R0H 0C0  
Phone: 204-637-2046  
204-685-2038  
Fax: 204-637-2046  
204-685-3005  
Contact: Laurelly Beswitherick

(A)  
Manitoba Beef - year-round  
Flavoured Honeys  
Strawberries & Raspberries (in season)  
Gift baskets & Manitoba Made products available  
through Bison Boutique store in MacGregor

### **Bavarian Roasted Nuts (R,P,N,I)**

Box 309  
Lundar, Manitoba R0C 1Y0  
Phone: 204-762-5504  
Fax: 204-762-5504  
gonuts@xplornet.com  
www.bavarianroastednuts.ca

Contact: Philip or Monique Nikkel

(B)

Almonds  
Cashews  
Pecans roasted in cinnamon & sugar  
White & Milk Chocolate Almond Bark  
Specialty Coffee  
Chocolate Covered Waffles

### **Bee Maid Honey Limited\* (R,N,P,I) fi**

625 Roseberry Street  
Winnipeg, Manitoba R3H 0T4  
Phone: 204-786-8977  
Fax: 204-783-8468  
honey@beemaid.com  
www.beemaid.com



Contact: Greg Mohr, Director of Sales & Marketing

(A)

Bee Maid Honey is Canada's largest single source packer and is proudly owned by Canadian beekeepers. This provides a tight knit quality control environment few honey packers can offer

Bee Maid Honey packs 100% Canadian pure honey in a variety of packs from 250 g up to 3 kg in consumer sizes and larger packs for food service and food processing use. Our company can offer Canada No. 1 grade honey in white, golden and amber colours

### **Benito Meats (R,P)**

Box 248, 135 Railway Avenue  
Benito, Manitoba R0L 0C0  
Phone: 204-539-2218  
Fax: 204-539-2736  
page4@mts.net  
Contact: David or Wendy Page

MB Meat Processors  
Association Member

(A)

Beef; Pork; Lamb; Goat; Bison; Elk & Fallow Deer products

(B)

Sausages; Jerky; Headcheese; Cabbage Rolls; Perogies

### **Berscheid Meats 1995 (R,P)**

Box 629  
The Pas, Manitoba R9A 1K7  
Phone: 204-623-3930  
Fax: 204-623-1512  
jbersche@mts.net  
Contact: James Berscheid

(B)  
Beef  
Pork  
Chicken  
Fish - Pickerel, Pike & White Fish  
  
Catering & whole hog barbeques

**Besco Grain Ltd.\* (R,P)**

Box 166  
Brunkild, Manitoba R0G 0E0  
Phone: 204-736-3570  
Fax: 204-736-3575  
mustard@bescograin.ca  
Contact: Rene Caners, President



(B)  
Mustard seed grown in Western Canada is purchased from producers, cleaned to end use customer specifications and then packed and shipped to the end users for further processing

**Best Cooking Pulses, Inc.\* (R,P,N,I)**

124 - 10th Street NE  
Portage la Prairie, Manitoba R1N 1B5  
Phone: 204-857-4451  
Fax: 204-239-6885  
info@bestcookingpulses.com  
www.bestcookingpulses.com  
Contact: Margaret Hughes, Sales & Marketing



(B)  
Best Pea Fibre\*, \*\*  
Pea Bran Meal  
Yellow & Green Split Pea Flour  
Whole Yellow & Green Pea Flour  
Chickpea Flour  
Bean Flour  
Both organic & conventional available  
YUMPEEZ - roasted veggie snack, organic & allergen free

**Birch Bay Seed & Honey Farm (R,P) fi**

Box 1  
Hilbre, Manitoba R0C 1L0  
Phone: 204-449-2044  
Fax: 204-449-2230  
deli@mts.net  
Contact: Sheldon or Delores Bittner

(A)  
Liquid & Creamed Honey

Cinnamon Honey  
Peanut Butter Cinnamon Honey Spread  
Honey Dill Sauce  
Vanilla Honey Butter  
Maple Honey Butter

**Bison Spirit Ranch (R,P)**

Box 301  
Oak Lake, Manitoba R0M 1P0  
Phone: 204-855-2727  
204-855-2812  
204-855-2707  
Fax: 204-855-2918  
ggompf@westman.wave.ca  
www.bisonspiritranch.com  
Contact: Garnet or Nora Gompf  
Trevor or Jodie Gompf

(A)

Bison Meat: Steaks, Sausage, Ground Burger, Burger  
Patties, Ribs, Roasts, Garlic Sausage, Jerky, Farmer  
Sausage

Halves & quarters

\$100 + packages

All meat pure and natural, reasonable prices,  
government inspected, no growth hormones, low  
in fat, low in cholesterol, high in iron and protein

Our products are sold in various restaurants and  
food markets

**Black Pearl Coffee (R,P,N)**

460 Dufferin Avenue  
Winnipeg, Manitoba R2W 2Y5  
Phone: 204-586-3989  
Fax: 204-586-4000  
blackpearlcoffee@mts.net  
www.blackpearlcoffee.ca  
Contact: Trevis Boyd, Roast Master/Owner



(B)

Roasting Specialty, Fair Trade and Organic Coffees  
from around the world including: South America;  
Central America; Africa; Indonesia; Jamaica &  
Hawaii

Retail, wholesale, private label, food service and  
small club fund-raisers

2008 - will begin roasting & processing cocoa for  
food & beverage industry and retail consumption

**Bloomin' Prairie Honey Ltd. (R)**

Box 1612  
Carman, Manitoba R0G 0J0  
Phone: 204-745-2410  
warbees@mts.net  
Contact: Jeff or Terry Warburton

(A)  
Honey

**Blue Lagoon Florascape (R,P)**

781 Highway 26  
St. Francois Xavier, Manitoba R4L 1A2  
Phone: 204-864-3083  
annlore@mts.net  
www.bluelagoonorganics.com  
Contact: Lori Ann Regnier

(A)  
Certified organic fruit, vegetables & herbs

**Bothwell Cheese Inc.\* (R,P,N)**

Box 119, 61 Main Street North  
New Bothwell, Manitoba R0A 1C0  
Phone: 204-388-4666  
800-361-9542  
Fax: 204-388-4172  
email@bothwellcheese.com  
www.bothwellcheese.com



Contact: Jason Wortzman, Director, Sales & Marketing  
jason@bothwellcheese.com  
Brad Gusdal, Controller  
brad@bothwellcheese.com

(A)  
Blocks - 200, 300, 454, 650 g, 2.5, 5 or 19 kg  
Shred - 340 g, 2.5 or 5 kg  
Cheddar: Curds; Fresh; Mild; Medium; Marble; Old; Aged; Light; No Salt; Farmers Cheese; Mozzarella; Part Skim Mozzarella; Gouda Cheese; Monterey Jack; Swiss Cheese  
Speciality Cheeses: Garlic-Chive; Dill; Jalapeno; Red Hot Chilli Pepper; Madagascar Green Peppercorn; Red Wine Aged Cheddar; Black Truffle; Horseradish Cheddar

**Brar Natural Flour Mills (R)**

101 Plymouth Street  
Winnipeg, Manitoba R2X 2V5  
Phone: 204-697-9441  
Fax: 204-632-7054  
brarnaturalflourmills@yahoo.com  
Contact: Lahora Brar, Owner



(B)

Assorted flours:

Wheat; Corn; Durum; Chickpea; Millet;  
Flax Ground; Fennegreek Ground

Certified by Health & Stroke Foundation

### **Bread and Circuses Bakery Café (R,P,N)**

238 Lilac Street

Winnipeg, Manitoba R3M 2T3

Phone: 204-477-4555

Fax: 204-475-2349

Contact: Kirsten Godbout



(B)

Granola bars: Chocolate Chip; Apricot

Whole Grain Breads: Brown; Multigrain; Herb;  
Cinnamon; Raisin

### **Brueggemann Organics Farms (R,P)**

Box 101

Ridgeville, Manitoba R0A 1M0

Phone: 204-427-2989

Fax: 204-427-2989

ghbrueg@mts.net

Contact: Gerhard Brueggemann

Manitoba grown organic food products:

oats; buckwheat; wheat; flax; wild rice

(A)

Barley - Berries - 500 g

Barley Flour - 500 g + 2.5 kg

Barley Pearled - 500 g

Bean Soup - 500 g

Brown Lentils - 500 g

Buckwheat - Supreme Flour - 500 g + 2.5 kg

Calendula Salve - 50 g

Flax Seeds (yellow or brown) - 500 g

Honey - 500 g glass jar

Long Grain Brown Rice - 500 g

Millet - Berries - 500 g

Millet Flour - 500 g + 2.5 kg

Mullein - 50 g

Oatmeal

Oatmeal Flour - 500 g + 2.5 kg

Plain Pea Soup - 500 g

Rye Flour - 500 g + 2.5 kg

7 Grains Cereal - 500 g

Soy Beans - 500 g

Spelt - Berries - 500 g

Spelt Flour - 500 g + 2.5 kg

Stinging Nettle Tea - 50 g

Waffle & Pancake Mix 5 lb.

Wheat Flour - 500 g + 2.5 kg

Wheat - Kernels - 500 g

Wild Rice - 500 g

### **Bunge Canada\* (R,P,N)**

Unit B 204- 2030 Notre Dame Avenue  
Winnipeg, Manitoba R3H 0J8  
Phone: 204-925-4501  
Fax: 204-925-4503  
mike.pietrano@bunge.com  
www.bungecanada.com  
Contact: Mike Pietrano, Territory Manager  
Gord McDonald, Western Canada  
Regional Manager

Canola Oil - 3 L, 16 L, 1043 kg  
Canola Frying Shortening  
- 16 L, 1043 kg liquid, 20 kg solid  
General Purpose Shortening  
Hi ratio Shortening - 20 kg  
Creaming base, icing base  
Soft Margarine - 1 lb.  
Solid Margarine - 1 lb., 20 kg  
No palm, no salt, bakers Tenderflake Lard  
- 1 lb., 20 kg  
Coconut Oil - 20 kg  
Whippee Whip Topping - 1 L, 4 kg liquid  
Vanilla Icing & Filling - 4 kg  
Emulsifiers, Lecithin  
Tank truck & tank car capacity for bulk oil &  
shortening  
Olive Oil, Sunflower Oil  
Zero trans fat & non hydrogenated (oil & margarine)

### **Burcon NutraScience (MB) Corp.**

1388 Waller Avenue  
Winnipeg, Manitoba R3T 1P9  
Phone: 204-475-6207  
Fax: 204-284-6407  
www.burcon.ca  
Contact: Martin Schweizer,  
Technical Development Manager



(B)  
Puratein ®, Supertein™, Canola Protein Isolate

### **Burnbrae Farms Limited\* (R,P,N) fi**

Processing Plant  
1710 Wellington Avenue  
Winnipeg, Manitoba R3H 0E6  
Phone: 204-783-5359  
Fax: 204-774-5075  
cguillas@burnbraefarms.com  
www.burnbraefarms.com  
Contact: Chris Guillas, Plant Manager



Grading Station  
500 Pandora Avenue West  
Winnipeg, Manitoba R2C 1N1  
Phone: 204-222-2783  
Fax: 204-224-0046  
Contact: Frank Both, Director of Operations  
fboth@burnbraefarms.com

Boiling Operation  
615 Kernaghan Avenue  
Winnipeg, Manitoba R2C 5G8  
Phone: 204-222-4440  
Fax: 204-222-4485  
Contact: Chris Guillas, Plant Manager

(B)  
Eggs  
Egg products

### **Burwalde Woods Honey Farm (R,P)**

Box 2163  
Morden, Manitoba R6M 1B8  
Phone: 204-325-4591  
snowbees@xplornet.com  
Contact: Phil Froese

(A)  
Honey

## **C**

### **Cakes Unlimited (R,P)**

55 Plymouth Avenue  
Winnipeg, Manitoba R2X 2V5  
Phone: 204-632-7887  
Fax: 204-633-5912  
ella@cakes.mb.ca  
Contact: Ella Muchnik, Marketing

(B)  
Dessert Cakes  
Ice Cream Cakes

### **Calypso Slices (R,P)**

326 - 200 Adsum Drive  
Winnipeg, Manitoba R2P 0W7  
Phone: 204-697-8042  
Fax: 204-632-9164  
sales@calypsoslices.com  
www.calypsoslices.com  
Contact: Roslyn J. Pilgrim, President



(B)

Traditional Caribbean Rum Cake  
(454 g, 907 g, 1.81 kg, 3.2 kg)  
Traditional Caribbean Rum Cake Bar (80 g)  
Caribbean Coconut Loaf (1 kg)  
Caribbean Cassava Cake (2.5 kg)  
Caribbean Specialty Rum Cakes: Vanilla; Pina Colada;  
Passion Fruit; Mango (100 g)  
Wedding cakes  
Cater for business or personal events

### **Canadian Gold Beverages (R,P,N,I) fi**

P. O. Box 150  
Marchand, Manitoba R0A 0Z0  
Phone: 204-424-5479  
Fax: 204-424-5012  
rene@hanoverbeverages.ca  
Contact: Rene Lamoureux, President

(A)

Canadian Gold Beverages Pure Artesian Spring Water:  
500 ml & 1 L sport closure; 355 ml; 500 ml; 600 ml;  
1 L; 1.5 L; 4 L; 18.9 L  
Canadian Gold Beverages Sparkling Pure Spring Water:  
355 ml; 600 ml  
Canadian Gold Beverages Flavoured Sparkling Pure  
Spring Water: 355 ml; 600 ml  
Natural fruit juice flavours available: Raspberry;  
Cherry; Peach; Kiwi; Passion Fruit; Strawberry;  
custom flavours  
1 L soft drinks - flavours available:  
Cola; Orange; Grape; Lemon Lime; Ginger Ale;  
Cream Soda; Root Beer  
Energy Drinks  
New biodegradable bottle & caps  
Bottling also available in glass  
Private label programs for pure spring water;  
sparkling spring water; natural fruit juice; spring  
waters; soft drinks

### **Can-Oat Milling\* (R,P,N,I)**

P. O. Box 520  
#1 Can-Oat Drive  
Portage la Prairie, Manitoba R1N 3W1  
Phone: 204-857-9700  
800-663-6287  
Fax: 204-857-9500  
Contact: Richard DeKievit,  
Executive Vice President of Sales &  
Marketing

(A)

Manufacturers and suppliers of processed oat  
products:

Oat Flour; Oat Bran; Regular Rolled Oats;  
Quick Rolled Oats; Instant Rolled Oats; Baby Oats;  
Instant Oats; custom specialties  
Packaged in: 25 kg; 50 lb.; truck; rail  
Tote sacks: truck; rail  
Bulk: truck, rail

### **Carver's Knife (R,P)**

1530 Regent Avenue  
Winnipeg, Manitoba R2C 4J5  
Phone: 204-663-6771  
Fax: 204-663-6798  
carvers@mts.net  
www.carversknife.com  
Contact: Jordan or Calvin



(A)  
Beef; Pork; Elk; Bison  
Chicken  
Cheese  
Deli

### **Catellier Seed Service Inc.\* (R,P,N,I)**

Box 25  
Dufrost, Manitoba R0A 0K0  
Phone: 204-347-5588  
Fax: 204-347-5890  
patrickc@xplornet.com  
Contact: Guy or Patrick Catellier

(A)  
Mustard Seed\*  
Yellow Mustard, Oriental Mustard, Brown Mustard  
Processed Flax, Wheat, Barley, Oats\*  
Soybeans

### **Cavalier Candies Ltd.\* (R,P,N,I)**

185 Bannatyne Avenue  
Winnipeg, Manitoba R3B 0R4  
Phone: 204-957-8777  
Fax: 204-947-2044  
wfletcher@cavaliercandies.com  
www.cavaliercandies.com  
Contact: Walter Fletcher, President  
Romano Guzzo, Business Systems Manager  
Rhonda Chutskoff, Customer Service



(B)  
Individually wrapped jellies (Pizazz)\*  
Jelly slices with rind\* - Orange, Lemon, Lime, Grape,  
Raspberry, Watermelon, Grapefruit  
Neapolitan Jellies\* - Orange, Lemon, Lime, Raspberry,  
Pear, Grape

Unwrapped jellies\* 6 - 5 lb. boxes or 6 - 2.27 kg  
Jelly slices with rind\* - Orange, Lemon, Lime,  
Raspberry, Grape, Watermelon, Grapefruit  
Plain Jelly Squares\*- Lemon, Lime, Orange, Raspberry,  
Pear, Grape  
Boston Jelly Squares\* - Lemon, Lime, Orange,  
Raspberry, Pear, Grape - 6 boxes, 2.27 kg/case  
Neapolitan Jelly Squares\* - Lemon, Lime, Orange,  
Raspberry, Pear, Grape  
Turkish Delight\* - red, green 5 kg  
Raspberry Drops\* 10 kg  
Assorted fruit drops\* 10 kg  
Mint Humbugs\* 11 kg  
Toasted Marshmallows\* 12/250 g or 5 kg  
Assorted Jelly trays\* 12/350 g or 12/227 g  
New Pizazz boxed Juicy Jellies\* 24/113 g  
Pizazz Juicy Jellies\* 12/227 g  
Specialty candy for all seasons: Easter, Christmas,  
Halloween, Valentine's Day, etc.

### **Central Plains Bison (R,P,N,I) fi**

Box 126  
St. Claude, Manitoba R0G 1Z0  
Phone: 204-745-0065  
Fax: 204-379-2288  
cpbicon@mts.net  
Contact: Jamie McInnes

(A)  
Bison meat

### **Central Products and Foods Ltd. (R,P)**

630 Nairn Avenue  
Winnipeg, Manitoba R2L 0X5  
Phone: 204-667-2981  
Fax: 204-667-3855  
Contact: Jerry Derzko

(A)  
Gluten-free sausage, no MSG sausages  
Smoked Ham Sausage, Ham Garlic Sausage &  
Fine Garlic Sausage  
German Summer Sausage  
Blood or Buckwheat or Pork Breakfast Sausages  
Pizza or Italian Sausages  
Farmer Sausage; Farmer Sausage Patties  
Baked & Cooked Meat Loaf  
Cooked or smoked Hams; Black Forest Ham  
Smoked picnic shoulder  
Headcheese; Studenetz; Kasseler  
Blood & Tongue Headcheese  
Leberkase; German Jagdwurst  
Corned Beef; Pastrami; Roast Beef  
Pure Chicken Loaf; Bologna

Liverwurst; Bratwurst; Beerwurst; Hamwurst  
Polish or long hot Pepperoni  
Pepperettes (Kabanosy)  
Smoked old fashioned Wieners  
Tourist Pepper or Smoked Beef Salami  
Beef Jerky; Smokies; Jalapeno Cheese Smokies  
Slab or Kaiser Bacon  
Smoked Pork Hocks or Back Bacon or Bacon & Ribs  
Smoked or Cooked Turkey Breast  
Naturally fed chickens  
Smoked Turkeys or Chickens  
Hamburger patties  
Fresh cuts of Beef or Pork  
Bison Meat



### **Cherway Limousin (R)**

Box 262  
Sanford, Manitoba R0G 2J0  
Phone: 204-736-2878  
Fax: 204-736-4124  
cherway@gninc.ca  
www.cherwaylimousin.ca  
Contact: Cheryl McPherson

(A)

Sides of beef from home-grown young cattle, no hormone implants used, antibiotic-free finishing period, naturally grain fed, delivered to Carman Meats (a provincially inspected plant) for customer convenience

### **Chocolatier Constance Popp (R,P)**

1853 Portage Avenue  
Winnipeg, Manitoba R3J 0G8  
Phone: 204-897-0689  
Fax: 204-897-0754  
poppchocolates@mts.net  
www.artisanchocolates.ca  
Contact: Constance Menzies, Proprietor



(B)

Fresh Manitoba made premium artisan chocolates:  
Premium Chocolate Bon Bons  
Premium Chocolate Barks  
Premium Chocolate Bars (filled & solid)

### **Ciambellina Cakes (R)**

618 B Erin Street  
Winnipeg, Manitoba R2G 2V9  
Phone: 204-895-7586  
Fax: 204-489-5246  
mazza@mts.net  
www.ciambellinacakes.com  
Contact: Stella Mazza

(B)

Cinnamon Mini Donut Cake made with Grade A  
butter and real cream cheese

### **City Bread\* (R,P,N,I)**

232 Jarvis Avenue  
Winnipeg, Manitoba R2W 3A1  
Phone: 204-586-8409  
Fax: 204-582-2175  
wsaxler@citybread.com or vmagda@citybread.com  
www.citybread.com  
Contact: Werner Saxler, Sales Manager  
Vic Magda, Director of Sales & Marketing



(A)

Breads: Rye; French; White; Brown; Multigrain;  
Whole Grain  
Rolls: Hamburger; Hot Dog; Kaiser; Sub  
Bagels (includes frozen)  
Custom formulations

### **Clarus Canadian Springs (R,P,N,I)**

170 Marion Street  
Winnipeg, Manitoba R2H 0T4  
Phone: 204-233-6304  
Fax: 204-237-0700  
info@claruscanadian.com  
www.claruscanadian.com  
Contact: Bob Axworthy, Owner



(B)

Clarus Canadian Spring Bottled Spring Water  
Cool Mountain Gourmet Soda  
Hemp C Hemp Soda  
Ruth's Hemp Seed Bars  
'Boss' Soda



**CM Classen Farm (R,P)**

Box 278  
Elm Creek, Manitoba R0G 0N0  
Phone: 204-436-2453  
Fax: 204-436-2410  
cm\_classenfarm@hotmail.com  
Contact: Carl or Marion Classen

(A)  
Frozen Edamame (green soybeans)

**Corpell's Water (R)**

2627 Pembina Highway  
Winnipeg, Manitoba R3T 2H5  
Phone: 204-452-2505  
888-544-9777  
Fax: 204-452-4106  
info@corpells.com  
www.corpells.com  
Contact: Russell J Loewen, Manager



(B)  
Purified bottled water:  
11.3 L (3 U.S. gallon)  
18.9 L (5 US gallon)  
Water coolers - new & reconditioned  
Member: CBWA, MFPA  
CFIA & NSF inspected  
Active recall program in place  
Weekly independent testing

**Country Lane Organic Grain & Milling  
(R,P)**

Box 223  
Winkler, Manitoba R6W 4A5  
Phone: 204-829-3841  
clgm@mts.net  
Contact: Peter Toews

Grains  
Peas & Beans  
Flakes  
Cracked Grains  
Stone Ground Flour

### **Country Meat & Sausage (R,P)**

Box 250  
Blumenort, Manitoba R0A 0C0  
Phone: 204-326-3252  
Fax: 204-326-7732  
robert@countrymeat.ca  
Contact: Robert or Heather Jowett



(A)  
Manitoba fresh Pork & Beef  
Smoked meats & sausages

### **Country Side Saskatoons (R,P,N)**

Box 179  
Rathwell, Manitoba R0G 1S0  
Phone: 204-749-2232  
adtimm@mts.net  
Contact: Alison or Dale Timmerman

(A)  
Saskatoons: fresh in-season or frozen year-round

### **Countryside Farms\* (R,P,N) fi**

88 Millwork Drive  
Steinbach, Manitoba R5G 1V9  
Phone: 204-326-4313  
866-360-3447  
Fax: 800-718-3447  
Contact: Peter Wieler



(A)  
Grade A products:  
Fresh shell; Omega 3; free run; brown; organic eggs  
Brands: Countryside Farms; Vita Eggs; Gold Egg

### **Crampton's Manitoba Maid (R,P)**

Box 173  
Starbuck, Manitoba R0G 2P0  
Phone: 204-735-2479  
Fax: 204-735-2479  
Contact: Sam or Paulette Crampton

(A)  
Manitoba Maid ® Jams, 250 ml  
Pembina Plum; Raspberry; Strawberry; Strawberry-  
Apple; Strawberry-Rhubarb; Strawberry-Raspberry;  
Saskatoon  
Manitoba Maid ® Jellies, 250 ml  
Crabapple; Raspberry; Strawberry; Chokecherry;  
High Bush Cranberry  
Manitoba Maid ® Marmalades, 250 ml  
Rhubarb Marmalade; Saskatoon Marmalade

Manitoba Maid ® Pancake Syrups, 360 ml  
Strawberry; Chokecherry; Raspberry; Saskatoon;  
Blueberry

(B)  
Manitoba Maid ® Jams, 250 ml  
Apricot; Dutch Apple; Peach; Blueberry  
Manitoba Maid ® Marmalades, 250 ml  
Seville Orange Marmalade; Three-Fruit Marmalade

### **Creative Food Products (R,P)**

35 Winfield Way  
Winnipeg, Manitoba R2R 1V8  
Phone: 204-694-9390  
Fax: 204-697-0080  
creativefoods@mts.net  
Contact: Jason Sarna, Manager

(B)  
Manufacture and sell Pizza Crusts; frozen Croissants;  
frozen Turnovers; Puff Pastry; Cinnamon Buns;  
Panzarotti Pouches; Sausage Rolls; and Strudel  
under trade name "Creative"

### **Creative Spirit (R,P,N)**

General Delivery  
Barrows, Manitoba R0L 0B0  
Phone: 204-545-6215  
gaubl@mts.net  
www.wildernessspirit.ca  
Contact: Brenda Gaudry, Owner/Manager

(A)  
Wild natural tea - 14 g loose or teabags (8):  
Wild Mint; Blue Hyssop; Labrador  
Wholesale or retail

### **CTC Brewts (R,P,N,I)**

# 3-1375 Niakwa Road East  
Winnipeg, Manitoba R2J 3T3  
Phone: 204-256-1266  
Fax: 204-256-1271  
info@brewts.com  
www.brewts.com  
Contact: Bob Krul



(A)  
Herbal Tisanes/Teas

(B)  
Green, red, and black teas with herbs & berries

**Culligan Stewart  
Water Conditioning (R,P)**

101 Omands Creek Boulevard  
Winnipeg, Manitoba R2R 1W3  
Phone: 204-694-5180  
Fax: 204-694-5194  
hdickson@drinkculligan.com  
www.drinkculligan.com  
Contact: Heather Dickson or Austin Harvey

(A)  
Reverse osmosis purified bottled water  
Distilled bottled water

Water coolers  
Iron removers; water softeners; salt service  
Residential & commercial reverse osmosis systems  
Home filtration systems & filters  
Ultra-violet light filtration; deionized water filtration  
Point-of-use drinking water systems  
Commercial & residential parts & service

Canadian Bottled Water Association member (NSF  
inspected) with oversight by the Canadian Food  
Inspection Agency

**D**

**D.A.L. Meats (R,P)**

Box 29  
Baldur, Manitoba R0K 0B0  
Phone: 204-535-2285  
Fax: 204-535-2207  
dalzell@mts.net  
www.dalmeats.com  
Contact: Arvid Dalzell



(A)  
Beef: retail cuts; meat packages;  
wholesale box beef;  
1/2's & 1/4's of beef  
Lean Pork: 1/2 pork; retail & wholesale cuts  
Sausages: retail & wholesale  
Pork & Beef; Beef; Breakfast;  
Honey Garlic; Italian; Farmer  
Deli: Ham; Salami; Pepperoni; Bacon; Back Bacon;  
Pepperettes; Garlic Coil; Beef Jerky Sticks

**D. D. Leobard Winery Inc. (R,P,N,I)**

133 DeBaets Street  
Winnipeg, Manitoba R2J 3R9  
Phone: 204-661-9007  
Fax: 204-233-4626  
ddleobard@mts.net  
www.ddleobardwinery.com  
Contact: Denis d'Eschambault, President



(A)

Fruit on Fruit Wines:  
Tropical Delight Wine  
Rhubarb on Strawberry Wine  
Black Raspberry on Strawberry Wine  
Cranberry on Strawberry Wine  
Pomegranate on Strawberry Wine  
Premium Wines:  
Chokecherry Wine  
Birch Wine  
Strawberry Wine  
Iced Strawberry Dessert Wine  
Saskatoon Wine  
Raspberry Wine

(B)

Grape Wines:  
Manitoba White Wine  
Manitoba Red Wine  
Malbec Wine  
Wild Blueberry Wine  
Wild Blueberry Dessert Wine



**Danny's Whole Hog Barbeque & Smokehouse (R,P)**

Box 288  
Stony Mountain, Manitoba R0C 3A0  
Phone: 204-344-5675  
Fax: 204-794-5133  
BBQdanny@mts.net  
www.dannyswholehog.com  
Contact: Danny Kleinsasser or Kevin Walder



MB Meat Processors  
Association Member

(A & B)

Whole hogs marinated  
Baron of Beef; Beef Steaks  
Bison; Lamb; Turkeys; Chickens  
Ham Garlic Sausage; Farmer Sausage  
Smoked Farmer Sausage Patties; Breakfast Patties;  
Breakfast Sausages  
Kuba Dog; Salami; Ribs; European Wieners; Cheesy  
European Wieners  
Smoked Hams; Pork Tenderloins; Pork Chops  
Smoked Chicken & Turkeys  
Back Bacon; Bacon Slabs; Pork Roast; Whole Hogs  
Barbeque sauces & spices

Other: Perogies; Cabbage Rolls; Meatballs; Baked  
Potato; Coleslaw; Caesar Salad; Potato Salad; Dinner  
Rolls; Fruit Salad

### **Dauphin Meat Processors (R,P)**

Processing Plant:

55 Industrial Road - Box 98

Dauphin, Manitoba R7N 2T9

Phone: 204-638-6621

MB Meat Processors  
Association Member

Retail Store:

112 1st Avenue NE

Dauphin, Manitoba R7N 1B5

Phone: 204-638-6016

Fax: 204-638-3213

Contact: Robert or Heather Humberstone

(A)

Fresh cut Beef; Pork & Chicken

We deal in retail & custom processing - 95% of meat  
sold for retail is from local farmers; 5% from other  
Manitoba companies

(B)

Deli meats

### **Delo Pure & Simple (R)**

Box 300

St-Pierre-Jolys, Manitoba R0A 1V0

Phone: 204-433-3356

Fax: 204-433-3015

marcel@delowater.ca

Contact: Marcel Mulaire

Bottled water by reverse osmosis

Delivery service - home & office

Cooler sales & rentals

Private label program

### **Del's Specialty Meats (R,P)**

P.O. Box 209

36 1st Street East

Letellier, Manitoba R0G 1C0

Phone: 204-737-2231

Fax: 204-737-2080

dels@mts.net

www.delsspecialtymeats.com

Contact: Bob, Rick or Gloria Gallant



(B)

Pate - Regular; Garlic; Cognac; Pepper

Cretons

Tourtiere

Sugar Pie  
Voyageur Pie  
Home-Style Pizzas

**Derrco Apiaries (R,P) fi**

Box 192  
Anola, Manitoba R0E 0A0  
Phone: 204-755-2250  
Fax: 204-755-2964  
derrco@granite.mb.ca  
Contact: Vern or Sue Derraugh

(A)  
Natural honey products: Sweet Clover; Alfalfa;  
Sunflower; Canola  
Beeswax & other bee products

**Deruyck Organic Farms (R,P,N)**

Box 38  
Swan Lake, Manitoba R0L 1Z0  
Phone: 204-836-2755  
Fax: 204-836-2755  
gderuyck@hbni.net  
Contact: Gerard or Marie-Paule DeRuyck

(A)  
Grains & flours: Wheat; Rye; Spelt; Buckwheat  
Brown Flax & Golden Flax  
Oil-Type & Confectionary Sunflowers  
Oats: flakes; granola; regular; quick  
Spelt; Rye; & Buckwheat flakes  
Buckwheat hulls for pillows

**Diageo Canada Inc. (R,P,N,I)**

Unit 8, 1080 Waverley Street  
Winnipeg, Manitoba R3T 5S4  
Phone: 204-453-7447  
Fax: 204-453-7368  
daryn.medwid@diageo.com  
Contact: Daryn Medwid, Regional Director



(A)  
Canadian Whisky:  
Crown Royal - 50; 200; 375; 750; 1140; 1750; 3000 ml  
Crown Royal Limited Edition 750 ml  
Crown Royal Special Reserve 750 ml  
V.O. - 375; 750; 1140 & 1750 ml  
Seagram's 83 - 375; 750; 1140; & 1750 ml  
Seagram's Five Star - 200; 375; 750; 1140 & 1750 ml

### **Donut House (R,P)**

500 Selkirk Avenue  
Winnipeg, Manitoba R2W 2M7  
Phone: 204-589-8397  
Fax: 204-582-3606  
Contact: Russ Meier, General Manager

(B)

Full line bakery: Pastry; Donuts; Cakes; Breads; Rolls

### **Double D's Cheesecake & Coffee House (R)**

18 - 200 Meadowood Drive  
Winnipeg, Manitoba R2M 5G3  
Phone: 204-257-6502  
Fax: 204-253-2710  
darlenelandino@hotmail.com  
www.double-ds-cheesecake.com  
Contact: Darlene Landino, Co-owner/Operator



(B)

Home-Style Cheesecakes - frozen & pre-cut for convenience  
Cakes chilled, not baked for a light & creamy texture  
Over 25 varieties include:  
Creamy Classic; Chocolate; Amaretto; Double Chocolate; Irish Cream Swirl; White Chocolate Peach; White Chocolate Strawberry; Key Lime; Creamy Chocolate; Pistachio; Creamsicle (Mandarin Orange); Blueberry Swirl; Hawaiian Delight; Turtle; Chocolate Raspberry; Mocha Swirl; Lemon Burst; Oreo - Low Sugar; Low Sugar Variety Pack (4 flavours in one cake); Banana Cream; Peanut Butter Dream Variety Pack (14 different flavours in one cake)  
Seasonal Cakes:  
White Chocolate Cherry; Brandy (Valentine's); Creamy Pumpkin (Sept. to Dec. 31st); Apple Caramel (Sept. to Dec 31st); Egg Nog (early November); Candy Cane (early November); Cherry Jubilee (May for Mother's Day); Butter Pecan (June for Father's Day); Pina Colada (July & August)  
All of these cakes are 9" round; frozen & pre-cut into 14 pieces for your convenience  
Retail and food service

### **Du Bois Wild Rice Ltd. (R,P,N,I)**

P. O. Box 1762  
Winnipeg, Manitoba R3C 2Z9  
Phone: 204-256-3360  
Fax: 204-256-3360  
skrzenta@mts.net  
Contact: Judy Williams Skrzenta,  
Managing Director

(A)



Wild Rice bulk 2.5 kg, 10 kg, 50 lb. (22.68 kg)  
Retail pkgs. 200 g  
Available in Canada Grade; X-large; large; small or  
broken grades  
Certified Organic (OPAM) grower & processor  
Custom mixing and packaging available  
Grower, processor and packager of wild rice  
products

### **Dufferin Market Gardens (R)**

Box 1051  
Carman, Manitoba R0G 0J0  
Phone: 204-745-3077  
Contact: Edith Rook

(A)

Fresh in season - Beans; Beets; Broccoli; Cabbage;  
Carrots; Corn; Cucumber; Kohlrabi; Leeks; Onions;  
Peas; Peppers; Tomatoes; Zucchini

### **Dunn-Rite Food Products Ltd. (R,P,N,I) fi**

199 Hamelin Street  
Winnipeg, Manitoba R3T 0P2  
Phone: 204-452-8300  
Fax: 204-475-1495  
sales@dunnrite.ca



Contact: Kent Cretton, Sales Manager  
chknman@dunnritefoodproducts.com

(A)

Chicken:

Portion controlled chicken segments  
Bulk fresh/frozen  
Tray pak  
IQF segments  
Marinated flavoured segments  
Par-Fried Breaded Chicken Fingers; Chicken Balls &  
Chicken Entrees

Cornish Hens

Ducks

Butterball Turkeys/processed items

Dunn-Rite Grade A Turkeys:

Brand Names: "The Aristocrat;" "The Finest Label for  
Your Table;" and "Dunn-Rite Food Products"

## E

### Eco-Farms Limited\* (R,P,N)

Box 73  
Waskada, Manitoba R0M 2E0  
Phone: 204-673-2628  
Fax: 204-673-2270  
jbgriffith@hotmail.com  
www.ecofarms.ca  
Contact: Justin Griffith, President



(A)

Salted; seasoned & dill pickle-flavoured, roasted  
Sunflower seeds grown pesticide free

### Eidse Family Farms (R,P)

P. O. Box 607  
Morris, Manitoba R0G 1K0  
Phone: 204-746-8070  
Fax: 204-746-8069  
dbeidse@gmail.com  
Contact: Darrell or Bonnie Eidse

(B)

Hale & Hearty Soup Mix:

Variety of 6 different peas & beans - 12 x 1 kg pkgs  
& 24 x 500 g pkgs with herb & spice pack

Barley & Lentil Soup Mix:

Pot Barley; Green & Yellow Split Peas; Lentils; Brown  
Rice - 12 x 1 kg pkgs & 24 x 500 g pkgs with Herb  
& Spice pack

Lentils - 12 x 1 kg

Fabulous Lentils: Lentils; Green & Yellow Split Peas -  
24 x 500 g with herb & spice pack

Black Bean 'N Rye Soup Mix:

Black Beans; Lentils; Green & Yellow Split Peas; Rye-  
24 x 500 g with herb & spice pack

Hot Mexican Chilli Mix:

Red Mexican Chilli Beans; Great White Northern  
Beans - 24 x 500 g with herb & spice pack

### Ellice Meat Market Ltd. (R,P)

712 Ellice Avenue  
Winnipeg, Manitoba R3G 0B1  
Phone: 204-783-6288  
Fax: 204-772-8209  
Contact: Barb Funk



(B)

Bratwurst; Weisswurst; Liversausage  
Westfalian Ham; Cold Smoked Ham  
Bacon  
Garlic Sausage  
Pepperoni

Cold Smoked Sausages  
Headcheese  
Blood & Tongue Sausages  
Many fresh cuts of Pork; Veal & Beef  
We specialize in German Sausage & cold cuts;  
imported foods; cheeses & fresh breads  
Homemade salads  
Over 60 varieties of home-made products

### **Elman's Food Products\* (R,P,N)**

647 Jarvis Avenue  
Winnipeg, Manitoba R2W 3B3  
Phone: 204-586-8485  
Fax: 204-586-7713 [elmans@mts.net](mailto:elmans@mts.net)  
[www.elmans.ca](http://www.elmans.ca)  
Contact: Millie Krause, President



(B)  
Horseradish White & w/Beet\* 12/250; 12/500 ml; 2/4 L  
Hot Mustard & Honey Mustard\* 12/250 ml  
Deli Dill Pickles whole & halves\* 12/1 L; 2/4 L; 20 L  
Deli Dill Spears 2/4 L; 20 L  
Sub Slices (Bunslappers) 2/4 L  
Rounders Pickles (round slices) 20 L  
Anglers Pickles (English slices) 20 L  
Individual Whole Deli Dill in a poly bag (1 pickle)  
Deli Dills Whole-Pickle Barrel\* 6/2 L  
Deli Dill Pickles Chunks\* 20 L  
Baby Dills 12/750 ml  
Pickled Eggs\* 12/500 ml; 2/4 L  
Bunslappers Pickles - sandwich slices\* 12/500 ml  
Sweet Hot Bread & Butter Pickles\* 12/750 ml  
Sauerkraut\* 12/750 ml; 2/4 L; 20 L pails  
Crushed Garlic\* 12/250 ml; 2/4 L  
Seafood Sauce\* 12/250 ml; 2/4 L  
Tartar Sauce\* 12/250 ml  
Pickled Garlic Cloves Regular\* 12/250 ml; 6/2 L  
Pickled Garlic Cloves Spicy\* 12/250 ml; 6/2 L  
Garden in a Jar (sweet marinated vegetables)\*  
12/750 ml; 2/4 L  
Sweet Relish\* 12/1 L; 2/4 L; 20 L pails  
Baba's Old Fashion Barrel Cured Pickles\* 12/1 L; 2/4 L  
Poultry Dressing\* 12/454 g  
Barbecue Sauce Reg & Hickory\* 12/455 ml; 2/4 L  
Teriyaki Sauce\* 12/455 ml; 2/4 L  
Sweet Pickled Onions\* 12/375 ml; 2/4 L  
Sweet Pickled Gherkins\* 12/375 ml; 2/4 L  
Sweet Mixed Pickles\* 2/4 L; 20 L pails  
Banana Pepper Rings 12/750 ml & 2/4 L  
Sliced Pickled Beets\* 12/750 ml & 2/4 L  
Bread & Butter Pickles\* 2/4 L  
Holland Herring; Milker Herring 6/1.8 kg  
Barrels of headless Herring packed to order  
Herring pickled in jars, various varieties & sizes

**Emerson Milling Inc. (P,I)**

P.O. Box 424  
Emerson, Manitoba R0A 0L0  
Phone: 204-373-2328  
Fax: 204-373-2537  
info@emersonmilling.com  
www.emersonmilling.com  
Contact: Real Tetrault



(A)  
Oat Groats (human or animal)  
Steel Cut Oat Groats  
Safflower  
Products available in bulk or bag; plain or coloured

**Empire Spice Mills\* (R,P,N)**

908 William Avenue  
Winnipeg, Manitoba R3E 0Z8  
Phone: 204-786-1594  
Fax: 204-783-2847  
emspice@mts.net  
Contact: Don Ramage

(B)  
Retail/institutional/bulk sizes:  
Spices\*  
Bakery products\*  
Extracts\*

**F**

**Famous Bicycling Chicks' Vegetable Farms (R)**

P.O. Box 854  
Roblin, Manitoba R0L 1P0  
Phone: 204-937-8016  
tamshome@xplornet.com  
Contact: Karen Hardy or Tamela Friesen

(A)  
Premium varieties of salad vegetables: Leaf Lettuce;  
Carrots; Beets; Cucumbers; Onions; Radishes;  
Spinach; Chard; Herbs  
Potatoes; Zucchini; Peas; Beans; Garlic

**Flanders Cookie Company Inc. (R,P,N)**

Box 40, Group 336, R. R. # 3  
36 Nicholas Street in St. Clements  
Winnipeg, Manitoba R3C 2E7  
Phone: 204-663-2301  
Fax: 204-663-2301  
flanderscookies@shaw.ca  
www.flanderscookies.com  
Contact: Dennis Bell, President



(B)

Individually packaged European style cookies  
available in Dark Chocolate; Milk Chocolate and  
White Chocolate flavours

**Fort Garry Brewing Co. Ltd. (R,P)**

130 Lowson Crescent  
Winnipeg, Manitoba R3P 2H8  
Phone: 204-487-3678  
Fax: 204-487-0839  
info@fortgarry.com  
www.fortgarrybrewing.com  
Contact: Doug Saville, President



(A)

Fort Garry Dark Ale; Fort Garry Pale Ale  
Fort Garry Frontier Pilsner  
Fort Garry Premium Light  
Two Rivers Lager; Two Rivers Light  
Two Rivers Red; Stone Cold  
Fort Gibraltar Premium Lager (\$1/dozen sold goes to  
Festival du Voyageur Inc.)

**Fresh Hemp Foods Ltd.\* (R,P,N,I)**

69 Eagle Drive  
Winnipeg, Manitoba R2R 1V4  
Phone: 204-953-0230  
Fax: 204-956-5984  
info@manitobaharvest.com  
www.manitobaharvest.com  
Contact: Mike Fata, President  
Alex Chwaiewsky, Export Sales Manager



(A)

Cold Pressed Hemp Seed Oil  
Shelled Hemp Seed  
Hemp Seed Butter  
Hemp Seed Flour  
Cold Pressed Organic Hemp Seed Oil  
Hemp Protein Powder  
Organic Hemp Protein Powder with Fibre  
Hemp Bliss (Organic Hemp Milk)  
Organic Shelled Hemp Seed

**Freshwater Fish Marketing Corporation\* (R,P,N,I)**

1199 Plessis Road  
Winnipeg, Manitoba R2C 3L4  
Phone: 204-983-6600  
Fax: 204-983-6497  
jaym@freshwaterfish.com  
www.freshwaterfish.com



Contact: Paul Cater, Vice-President Marketing  
Robert Black, Frozen Sales Manager  
Dana Isfeld, Fresh Sales Manager  
Jay Middagh, Market Analyst

(A)

Freshwater favourites from the North;  
Whitefish\*; Carp\*; Lake Trout\*; Mullet\* (White);  
Walleye/Pickereel\*; Golden Caviar\*; Tullibee\*;  
Sauger/Canadian Pike\*; Goldeye\*; Northern Pike\*  
Northern Pike Caviar  
Products packs\* frozen IQF portion controlled  
whole fish (dressed; round or headless); IQF fillets  
& blocks  
HACCP certified  
Kosher supervision available

(B)

Freshwater favourites from the Northwest  
Territories;  
Inconnu\*; Whitefish\*; Lake Trout\*; Pickerel/  
Walleye\*; Northern Pike\*; Tullibee\*

**Frosty's Maple Syrup (R,P,N,I)**

590 Rupertsland Avenue  
Winnipeg, Manitoba R2V 0H4  
Phone: 204-586-1365  
Fax: 204-477-5765  
kfosty@icenter.net  
www.gourmetmushrooms.ca/frostys.htm  
Contact: Ken Fosty

(A)

"A Taste of Manitoba" pure Manitoba Maple Syrup  
3 sizes: 100 ml; 1/2 L; 1 L  
Organic product  
Ideal for gifts

## G

### General Mills Canada (R,P,N) fi

1555-B Chevrier Boulevard  
Winnipeg, Manitoba R3T 1Y7  
Phone: 204-477-8338  
Fax: 204-477-8347  
Contact: Greg Guinan, Plant Manager (Ext 24)



Retail Contact:  
General Mills Sales Office  
6715 8th Street N. E.  
Calgary, Alberta T2E 1H7  
Phone: 403-279-0060  
Fax: 403-279-2903

(B)  
Pepperoni & Bacon Pizza Pops  
Deluxe Pizza Pops  
Hawaiian Pizza Pops  
3 Cheese Pizza Pops  
3 Meat Pizza Pops  
Bacon, Double Cheese Burger Pizza Pops  
Canadian Pizza Pops  
Pepperoni Pizza Pops

### Giguere Honey Farms (R,P) fi

60 Paul Boulevard  
Winnipeg, Manitoba R2N 4C7  
Phone: 204-253-8452  
204-253-1565  
giguerehoneyfarms@shaw.ca  
Contact: Ray Giguere  
204-794-5338 (Cell)

(A)  
Liquid # 1 white  
Creamed # 1  
Buckwheat  
Dandelion  
Wildflower

### Glenlochar Kitchens (R,P)

P.O. Box 40  
Miniota, Manitoba R0M 1M0  
Phone: 204-567-3718  
Fax: 204-567-3650  
armitag1@mts.net  
www.glenlochar.ca  
Contact: Sandra or Don Armitage



(A & B)

Soup Mixes all contain dried product (Beans; Lentils;  
Wild Rice; Barley; Seasonings; Dried Veggies)

No MSG used

Soup Mixes: Stone House; Lentil-Stroni; Dill-Lightfully  
Different Soup; Beef & Barley Soup

Gluten free: Texas Tortilla Soup; Black Magic Soup;  
and Spanish Beans & Rice  
Lentil & Rice Pilaf

(A)

Grass-Finished Beef processed at Renards' Meats in  
Virden, sold frozen in variety packs; split halves;  
halves

Halves available to restaurants and retail  
Hormone and antibiotic free

### **Gourmet Baker Inc. (R,P,N,I)**

1535 Inkster Boulevard  
Winnipeg, Manitoba R2X 1R2

Phone: 204-697-4128

Fax: 204-694-1667

[mrai@gourmetbaker.com](mailto:mrai@gourmetbaker.com)

[www.gourmetbaker.com](http://www.gourmetbaker.com)

Contact: Minnie Rai, Plant Manager



#502-4190 Lougheed Highway

Burnaby, British Columbia V5C 6A8

Phone: 604-298-2652

Fax: 604-296-1001

Contact: David MacPhail, Vice President  
& General Manager

(B)

Croissants; Puff Pastry; Cinnamon Buns; Crumpets;  
Cakes; Dessert Bars; Squares; Cheesecakes

Thaw & serve; bake & serve

### **Gourmet Mushroom Company**

**(R,P,N,I)**

590 Rupertsland Avenue

Winnipeg, Manitoba R2V 0H4

Phone: 204-586-1365

Fax: 204-477-5765

[kfosty@gourmetmushrooms.ca](mailto:kfosty@gourmetmushrooms.ca)

[www.gourmetmushrooms.ca](http://www.gourmetmushrooms.ca)

Contact: Ken Fosty, Proprietor

(A)

Specialty mushrooms sales - Shiitake and Oyster  
Mushroom growing kits

Organic



### **Graham's Groves (R,P,N)**

Box 6000

Carman, Manitoba R0G 0J0

Phone: 204-745-6000

Fax: 204-745-3177

grahamsgroves@cici.mb.ca

www.grahamsgroves.com

Contact: Ethel or Alan Graham



(A)

Saskatoon Berries:

Fresh in season (July); frozen year round in 2 lb.; 5 lb.;

30 lb. plastic heat sealed bags

Saskatoon Cocktail/Beverage:

355 ml; 1 L; 4 L (30% actual Saskatoon juice)

Black Currant Cocktail/Beverage:

355 ml; 1 L; 4 L (30% actual Black Currant juice)

Pure Saskatoon Juice: frozen 12 kg & 20 kg pails

Topping/pastry fills: Saskatoon; Black Currant;

Black Currant & Saskatoon

6" & 8" pies frozen unbaked (case lot of 16):

Saskatoon; Apple; Saskatoon/Black Currant;

Gooseberry; Raspberry; Rhubarb

Syrups: Raspberry; Black Currant; Saskatoon; Nanking

Cherry; Raspberry; Wild Black Cherry -

'Chokecherry'

Pies & toppings for diabetics or reduced calorie

Jams: Black Currant; Saskatoon; Gooseberry (250 ml)

Wholesale & retail

### **Granny's Poultry Co-operative (Manitoba) Ltd. (R,P,N,I) fi**

750 Pandora Avenue East

Winnipeg, Manitoba R2C 4G5

Phone: 204-925-6267

Fax: 204-453-9152

dkeiver@grannys.ca

www.grannys.ca

Contact: Dale Keiver, Director of Sales



(A)

Chicken products:

Fresh and frozen whole frying Chicken; roasting

Chicken; retail cut tray pack and bulk pack

Chicken; 9 pc Chicken and portion; controlled

food service

Chicken products; IQF chicken

Turkey products:

Fresh and frozen whole cryovac Turkeys; basted

whole Turkeys; retail cut tray pack and bulk pack

Turkey parts; Smoked Turkey Kolbassa; Smokies

**Great Northern Wild Rice (R,P,N,I)**

P. O. Box 20  
Pine Falls, Manitoba R0E 1M0  
Phone: 204-367-2017  
Fax: 204-367-2157  
woodsmk@mts.net  
Contact: Art Gaffray, National Sales Manager

(A)  
Canadian Wild Rice  
Bulk 50 & 100 lb. poly-lined bags  
20/1 lb. display case "Woodsmoke" brand  
Custom packaging

**Great Plains Hemp Farms (R,P,N)**

Box 789  
Carberry, Manitoba R0K 0H0  
Phone: 204-834-2620  
204-476-0363  
Fax: 204-834-2620  
hemplady@mts.net  
www.hemplady.com  
Contact: Linda Robinson, President  
Chris Robinson, Vice President

(A)  
Hemp food line:  
Hemp Coffee; Hemp Protein Powder;  
Hemp Seed Oil; Hemp Omega Hearts  
Hemplady products are all natural, environmentally  
friendly formulations and animals were not used in  
the testing of products

**Greetalia Food Products Inc. (R,P,N,I)**

P. O. Box 51029  
Winnipeg, Manitoba R2X 3C6  
Phone: 204-228-3972  
Fax: 204-633-9797  
john@greetaliafoods.com  
www.greetaliafoods.com  
Contact: John Iliopoulos, Owner  
Sales Contact: Glen Ross, Broker  
Tel: 204-694-2312  
Fax: 204-697-1160



(A)  
Product/service manufacturer & distributor of  
"Honey Dill Sauce" for retail and food service  
Retail packages: 12 x 500 ml  
Food services packages: 2 x 4 L  
Custom packaging available

**Gunn's Homemade Cakes and Pastry  
Ltd.\* (Wholesale/Retail) (R,P,N)**

247 Selkirk Avenue

Winnipeg, Manitoba R2W 2L5

Phone: 204-582-2364

Fax: 204-582-2546

gunns.photoimage@shawcable.com

www.gunnsbakery.com

Contact: Arthur Gunn, Co-Owner

arthur.gunn@shawcable.com

Bernie Gunn, Co-Owner



\* Gunn's Homemade Cakes & Pastry Ltd. is a Kosher bakery

(B)

Bagels:

Pumpnickel; Onion; Egg; Pizza; Poppy Seed;  
Sesame Seed; Whole Wheat; Blueberry; Cranberry;  
Cinnamon Raisin; Spinach & Mozzarella;  
Cheese & Onion; Multigrain; Jalapeno

All Butter Croissants:

Plain; Cinnamon; Cheddar Cheese; Almond;  
Raspberry & Cream Cheese; Chocolate; Almond

Danish Pastries:

Fruit Filled; Cream Cheese; Chocolate; Almond

Old Country Style Bread:

Onion; Pumpnickel; Rye; Egg Loaf; Harvest Grain;  
Light Rye; American Rye; European Rye; Marble  
Rye; Fergassa; Cinnamon; Raisin; White; Whole  
Wheat; Ciabatta; Focaccia; Multigrain Whole Wheat;  
Sourdough; Multigrain Sourdough

Assorted Dinner Rolls; Baguettes; Assorted Turnovers

Apple Jacks

Carrot Cake & Cheesecake

Cookies - large & small

Assorted Coffee Cakes; Tortes; Muffins; French

Pastries

Photo image cakes & cookies

Made to order wedding, birthday & special occasion  
cakes

Pizza; Lasagne

Knishes; Blintzes; Varenikes

Other assorted deli products

## H

### Half Pints Brewing Company (R)

550 Roseberry Street  
Winnipeg, Manitoba R3H 0T1  
Phone: 204-832-7468  
Fax: 204-632-7702  
info@halfpintsbrewing.com  
www.halfpintsbrewing.com  
Contact: David Rudge, Brewmaster/President



(B)

Bulldog Amber Ale  
Little Scrapper IPA  
Stir Stick Stout  
All available in 341 ml; 11.3 L; 19 L; 50 L  
Also offer a variety of seasonal beers throughout  
the year

### Harborside Farms (R,P)

Box 45  
Pilot Mound, Manitoba R0G 1P0  
Phone: 204-825-2465  
cpcavers@goinet.ca  
www.harborsidefarms.com  
Contact: Pamela or Clinton Cavers

(A)

Pastured Beef  
Pastured Mulefoot Pork  
Pastured Poultry (Chicken & Turkey)  
Pastured Goat

### Harvest Bakery & Deli (R,P)

1857 - A Grant Avenue  
Winnipeg, Manitoba R3N 1Z2  
Phone: 204-489-1568  
Fax: 204-489-1381  
harvest@mts.net  
Contact: Andy Kostynuik, Commercial Sales Manager

(A)

Dinner Rolls; Rounds; Twists; Whole Wheat; Mini  
Kaiser Large buns; Hamburger; Kaiser; Onion; Flax  
Seed Subs & rolls; Hot Dog; 8" Sub; 11" Sub  
Breads: White; Whole Wheat; Rye; Cinnamon Raisin;  
French; Garlic; Multigrain  
Bagels: Multigrain; Cheese; Raspberry;  
Bacon/Cheese/Tomato  
Pizza shells: 7"; 9"; 12"; 15"  
Pitas  
Muffins: Bran; Blueberry; Apple; Lemon  
Cookies: Oatmeal; Vanilla; Oatmeal/Chocolate Chip;

Vanilla/Chocolate Chip; Coconut; Peanut Butter;  
Oatmeal Raisin  
Pastries: Turnovers; Fruit Sticks; Danish; Croissants;  
Sticky Buns  
Other products: Bread Crumbs; Seasoned Coating  
Mix; Cheese Sticks; Bread Sticks

**Hemp Oil Canada Inc.\* (R,P,N,I)**

225 Pembina Trail, Box 188  
St. Agathe, Manitoba R0G 1Y0

Phone: 204-882-2480  
800-289-4367

Fax: 204-882-2529

info@hempoilcan.com

www.hempoilcan.com

Contact: Shaun Crew, President

shaun@hempoilcan.com

Erin Robert, Account Manager

erin@hempoilcan.com



(A & B)

Bulk wholesale and retail hemp food products:  
Hemp Seed Oil; Hemp Oil Gel Caps; Hulled Hemp  
Seed; Roasted Hemp Seed; Toasted Hemp Seed;  
sterilized Hemp Seed; Seed Cake; Hemp Seed  
derivatives; Hemp Coffee; Hemp Flour; Hemp  
Protein Powder

**Herb Isaac Sales Ltd. (R,P,N,I)**

Box 45

Sinclair, Manitoba R0M 2A0

Phone: 204-662-4401

Fax: 204-662-4547

www.herbee.com

Contact: Herb Isaac

(A & B)

Unprocessed bulk Honey (white & darker) by the  
drum or by the load produced in Manitoba & other  
provinces

**HMS Foods Ltd. (R,P)**

1316 Clifton Street

Winnipeg, Manitoba R3E 2V2

Phone: 204-775-0461

204-775-0462

Fax: 204-775-3971

hms02@mts.net

Contact: Richard West, President & General Manager

Alternate Number 204-774-1077

(A)

Dents Pure Pork Sausage; natural casings

Dents Yorkshire Pork & Beef Sausage; natural casings  
Dents Seasoned Burger Patties  
Dents Bacon  
Dents Cooked Roast Beef  
Dents Smoked Meat Brisket  
Dents Pastrami  
Eye of round portion control meats e.g. T-bones  
New York Stripsteak; Top Sirloin and graded inside  
and outside Round Roast  
Full line of Manitoba pork also available  
Distributor for J. C. Foods Ltd.

**I**

### **Ian Smith (R,P)**

Box 72  
Argyle, Manitoba R0C 0B0  
Phone: 204-467-8590  
ismith@mts.net  
www.naturalpork.ca  
Contact: Ian Smith

(A)

Sides of Pork  
In season: Tomatoes; Cucumbers; Peppers; Carrots;  
Peas; Onions; Beans; Corn; Lettuce; Swiss Chard;  
Beets; Radish; Parsnips; Rutabagas; Muskmelon;  
Watermelon; Cantaloupe; Rhubarb

### **Independent Fish Co. Ltd. (R,P,N)**

941 Sherbrook Street  
Winnipeg, Manitoba R3A 1N3  
Phone: 204-774-4547  
Fax: 204-772-2717  
phil@independentfish.com  
www.independentfish.com  
Contact: Mike Dennehy, Owner/Manager  
Phil Crossland, Owner/Manager

(A)

Fresh Fish  
Frozen Fish  
Smoked Freshwater Fish

(B)

Smoked Salmon  
Product lines include: frozen seafood; frozen  
desserts; hors d'oeuvres; frozen vegetables; dried  
goods; Kraft products; McCain products; spices;  
batters & breading; sauces

**Indian Head Wild Rice (R,P,N)**

P.O. Box 1083  
Lac du Bonnet, Manitoba R0E 1A0  
Phone: 204-345-8002  
Fax: 204-345-8674  
arseniuk@granite.mb.ca  
Contact: Nick Arseniuk

(A)  
Natural Canadian Lake Rice  
Bulk - 10 kg; 22 kg; 45 kg  
Retail - 200 g; 454 g  
White & wild blends  
Organic available

**Inovatech Egg Products - A Division  
of MFI Food Canada Ltd.\* (R,P,N,I) fi**

70 Irene Street  
Winnipeg, Manitoba R3T 4E1  
Phone: 204-477-1830  
Fax: 204-475-7740  
bradley.friesen@michaelfoods.com  
www.michaelfoods.com  
Contact: Brad Friesen, Operations Manager



(B)  
Frozen and Liquid Egg Products\*, \*\*  
Egg Powder Products\*, \*\*

**Integrity Foods (R,P)**

Box 278  
Riverton, Manitoba R0C 2R0  
Phone: 204-378-2887  
integrity\_foods@mts.net  
www.integrityfoods.ca  
Contact: Cornelius Friesen, Owner/Manager  
Dora Friesen, Owner/Manager



(B)  
Bakery products: Breads; Buns; Bagels; Muffins;  
Cookies; Pitas; etc  
Specializing in Spelt and Kamut® grains  
Whole grains; flour; baked products  
Wood fire brick oven baked  
Available from organic and health food stores

### **Interlake Forage Seeds Ltd. (R,P,N,I)**

Box 328  
Fisher Branch, Manitoba R0C 0Z0  
Phone: 204-372-6920  
Fax: 204-372-6635  
info@interlakeforageseeds.com  
www.interlakeforageseeds.com  
Contact: Paul Gregory, President

(A)  
Canadian White Honey

### **Interlake Packers Ltd. (R,P)**

Box 10  
St. Laurent, Manitoba R0C 2S0  
Phone: 204-646-2172  
Fax: 204-646-2151  
Contact: Ed Schon, Manager  
Monica Schon, Sales

MB Meat Processors  
Association Member

(A)  
Beef - quarters and cuts  
Pork - sides and cuts  
Sausages: frozen Pork; Pork & Beef Sausage;  
Pork Breakfast Sausage  
Smoked Sausage  
Garlic Ring; Kolbassa Ring; Bologna; Bung Bologna;  
Salami; Ham Sausage; Ham/Garlic Salami; Smokies;  
Farmer Sausage  
Smoked meat:  
Leg Hams; bone in and boneless  
Picnic Hams; bone in and boneless  
Slab Bacon; Sliced Bacon

## **J**

### **J. C. Foods Ltd. (R,P,N) fi**

575 Jarvis Avenue  
Winnipeg, Manitoba R2W 3B2  
Phone: 204-582-7724  
Fax: 204-589-1959  
jcfoods@mts.net  
Contact: Joe Lehner

(A & B)  
Prairie Chef Chicken products:  
Chicken Kiev 24/200 g; 24/170 g; 30/140 g  
Chicken Cote de Blue 24/200 g; 24/170 g; 30/140 g  
Chicken Forestiere 24/200 g  
Chicken Polynesian 24/200 g  
Breaded Chicken Breast strips 4.08 kg  
Breaded Chicken Burgers 45/90 g  
Breaded Chicken parts (no wings) 4 kg  
Breaded Chicken Wing Drumettes 4 kg



**J. G. Penner Bakery Ltd. (R,P,N)**

Box 238  
Steinbach, Manitoba R5G 1M2  
Phone: 204-371-7346  
jcpenner@yahoo.com  
Contact: Jim Penner

(B)  
Individually wrapped pastries  
No added sugar pastry products  
Pizzas (fresh and frozen)

**J.R. Greenhouses (R)**

Box 430  
Elgin, Manitoba R0K 2C0  
Phone: 204-769-2170  
Fax: 204-769-2352  
jrveggies@westmand.wave.ca  
Contact: Julie Racher



(A)  
May - September: vine ripened Beefsteak Tomatoes;  
Long-English Cucumbers; Grape Tomatoes; Sweet  
Peppers

**Jackson Springs Natural Spring Water (R,P)**

Unit 1 - 885 Keewatin Street  
Winnipeg, Manitoba R2X 2S7  
Phone: 204-889-2837  
Fax: 204-667-2101  
chris@88water.com  
www.jacksonspringswater.com  
Contact: Chris Garrick

(B)  
Natural Spring Water

**Jeanne's Bakery Ltd. (R,P,N)**

931 Notre Dame Avenue  
Winnipeg, Manitoba R3E 0M8  
Phone: 204-783-5443  
Fax: 204-772-6862  
www.jeannesbakery.com  
Contact: Jerry Penner, Owner



(B)  
Cakes  
Breads  
Buns  
Pastries

### **Jenkinson Meat Market (R,P)**

Box 112  
236 Railway Avenue  
Treherne, Manitoba R0G 2V0  
Phone: 204-723-2306  
Fax: 204-723-2000  
Contact: Jim or Jeff Jenkinson

MB Meat Processors  
Association Member

(A & B)

Fresh or frozen Beef/Pork products  
Government-inspected & graded  
Chicken Fingers  
Burgers  
Onion Rings  
Oils; Margarine  
Patties - no fillers or by products used; meat/spice only  
Institutional needs  
No orders considered too small  
Custom slaughter; processing & sausage-making  
available

### **Johnson Seeds\* (R,P,N,I)**

P.O. Box 3000  
Arborg, Manitoba R0C 0A0  
Phone: 204-376-5228  
Fax: 204-376-2201  
bjohnson@johnsonseeds.com  
www.johnsonseeds.com  
Contact: Keith Johnson, President  
Brian Johnson, CEO

(B)

Yellow and Brown Mustard  
Yellow and Green Peas  
Edible Flax: Brown & Yellow  
Canola

### **Just Fudge (R)**

P.O. Box 232  
Pierson, Manitoba R0M 1S0  
Phone: 204-634-2552  
wmj@inetlink.ca  
Contact: Wendi Johns

(B)

Fudge: Chocolate; Nutty Chocolate; Rocky Road;  
Vanilla; S'more's; English Toffee; Cookies & Cream;  
Chocolate Macaroon; Chewy Chocolate

Our fudge is great for all occasions, makes great gifts

## K

### **K.U.B. Bread (R,P,N)**

Unit 112 - 701 Regent Avenue

Winnipeg, Manitoba R2C 1S7

Phone: 204-954-9982

Fax: 204-954-9980

kubbread@mts.net

Contact: Jeff Einfeld, Sales and Marketing Manager

Kim Einfeld, Administration &

Quality Control Manager

(B)

Hearth Breads: Rye; Red River Multigrain; French;

Crushed Wheat; Onion Rye; Pumpernickel Loaf

Panned Breads: White or Whole Wheat; White or

Whole Wheat Sandwich; Rye Sandwich Loaf; White

Sandwich Loaf; Whole Wheat Sandwich Loaf;

Harvest Hearth; Egg; French Baguette; Raisin;

Bread Crumbs

Assorted Rolls: Hamburger/Hot Dog; Dinner Buns;

Crusty Rolls

6" Kaiser Rolls assorted: White; Pumpernickel; Whole

Wheat; Rye

Pastry: Cinnamon Loaf 20 oz.; Apple (baskets);

Cinnamon Buns; Poppy Seed Buns; Poppy Seed Loaf;

Large Cinnamon Buns 16 oz.

Muffins: large; regular - Bran; Carrot; Blueberry

Vanilla/Chocolate Cupcakes

Butter Tarts

Beef Meat Pies; Chicken Pies

We offer a full assortment of seasonal favourites; and

can adapt to special order items

### **Keystone Grain Ltd.\* (R,P,N,I)**

Box 1236

129 Manitoba Road

Winkler, Manitoba R6W 4B3

Phone: 204-325-9555

Fax: 204-325-2240

bwiebe@keystonegrain.com

www.keystonegrain.com

Contact: Bruce Wiebe, Marketing Manager, Ext. 228

Grant Fehr, Flax Sales Manager, Ext. 223



(A)

Sunflower Seeds

In-Shell (20/64 & 22/64)

Confection Kernel

Bakery Kernel

Black Oil

Flax

Brown Flaxseed (whole & ground)

Golden Flaxseed (whole & ground)

Organic Flaxseed (brown & golden)

Hulled Millet  
Re-cleaned Red Milo  
Certified Organic (OPAM); Kosher Certified: ISO 9001

### **Keystone Quality Meats (R,P)**

Box 7  
Warren, Manitoba R0C 3E0  
Phone: 204-322-5505  
Fax: 204-322-5190  
sales@kqm.ca  
www.kqm.ca  
Contact: Arnie Waldner or Frank Hofer

(A)  
Beef; Chicken; Pork products  
Ham products  
Sausages

(B)  
Pork products  
Ham products  
Sausages

### **Killarney Meats Ltd. (R,P)**

Box 1659  
604 South Railway  
Killarney, Manitoba R0K 1G0  
Phone: 204-523-4308  
Fax: 204-523-7006  
Contact: Brian Bernard

(A)  
Fresh or frozen Pork & Beef cuts:  
Beef & Pork Sausages; Pork Sausage Patties; Pork  
Farmer Sausage; All Beef Patties; Lean Ground Beef  
Custom slaughter & processing

### **Kroeker Farms Limited (R,P,N,I)**

Box 1450  
230 Roblin Boulevard East  
Winkler, Manitoba R6W 4B4  
Phone: 204-325-4333  
Fax: 204-325-8630  
raspberry@kroekers.com  
www.kroekerfarms.com  
Contact: Carol Schulz



(A)  
Fresh Raspberries; in season  
Frozen Raspberries; all year  
Grown in Manitoba

## L

### La Cocina Foods (R,P,N)

P.O. Box 121  
Ste. Anne, Manitoba R5H 1R1  
Phone: 204-355-4743  
Fax: 204-355-4088  
Contact: Peter Warkentin, Manager



(B)

Tortilla Chips: plain; salted; extra thin; 12/400 g  
Tortilla Shells: corn 6" round; 48 dozen/case  
Tortilla Chips: cheese flavour, ranch & fiesta; 12/400 g;  
La Cocina Taco Shack Restaurant Style Rounds:  
12/400 g

### L/B Bison Ranch (R,P) fi

Box 55  
Vita, Manitoba R0A 2K0  
Phone: 204-425-3981  
Fax: 204-425-3981  
Contact: Leonard Chopp

(A & B)

Bison: ground; stew meat; roasts; steaks; short ribs;  
back ribs (federally inspected)  
Breakfast Sausages; Garlic Sausage; Pepperettes;  
Salami; Regular Smokies; Smokies with Jalapeno  
Cheese  
Half & whole carcasses (federally inspected)

### Lilyfield Cakes (R,P,N,I)

Box 25, RR #2  
Winnipeg, Manitoba R3C 2E6  
Phone: 204-832-0884  
866-832-0884  
Fax: 204-633-7852  
[www.lilyfieldcakes.com](http://www.lilyfieldcakes.com)  
Contact: Heather Stewart, Owner

(B)

Freshly baked pound-type cakes in hand-covered;  
upholstered hat boxes with fresh flowers

### Logan Farms (R,P)

RR # 1  
Nesbitt, Manitoba R0K 1P0  
Phone: 204-824-2706  
[loganfarms2005@hotmail.com](mailto:loganfarms2005@hotmail.com)  
Contact: Shelley Logan

(A)

Organic Pork; Beef; Lamb; Goat; Chicken & Eggs

**Loveday Mushroom Farms Limited  
(R,P,N)**

556 Mission Street  
Winnipeg, Manitoba R2J 0A2  
Phone: 204-233-4378  
Fax: 204-237-1303  
loveday@mts.net  
Contact: Cindy Gauthier, Sales Coordinator



(A)  
Fresh Mushrooms: White; Crimini; Portobello; Oyster;  
Shiitake - 5 lb. & 10 lb. cartons; 200 g; 500 g;  
16 oz. tray packs

(B)  
Specialty Fresh Mushrooms:  
Crimini; Oyster; Portabella; Shiitake

**Lucerne Bread Plant (R,P)**

1525 Erin Street  
Winnipeg, Manitoba R3E 2T2  
Phone: 204-775-0344  
Fax: 204-775-4705  
jorge.feldman@safeway.com  
Contact: Jorge Feldman, Plant Manager

(A & B)  
Bread  
Rolls

**Lucerne Dairy Plant (R,P,N)**

940 Century Street  
Winnipeg, Manitoba R3H 0V7  
Phone: 204-633-9527  
Fax: 204-633-8251  
Contact: Phil Elias, Plant Manager

(A & B)  
Fluid Milk  
Juice

**Lucerne Foods - Ice Cream & Cheese  
Plant (R,P,N)**

1000 King Edward Street  
Winnipeg, Manitoba R3H 0R2  
Phone: 204-631-4440  
Fax: 204-631-4444  
Contact: Tom Lotecki, Plant Manager

(A)  
Ice Cream, Ice Milk Manufacturing  
2 L rectangular paper  
4 L round plastic pails  
1 L round paper  
11.4 L plastic

(B)  
Cheese packaging - 250 g up to 4.5 kg random weight  
Frozen Soy Dessert

## M

### Manitoba Starch Products\* (R,P,N)

10 Fredrick Street  
Box 749  
Carberry, Manitoba R0K 0H0  
Phone: 204-834-2702  
Fax: 204-834-3938  
emclaren@manitobastarch.com  
www.manitobastarch.com  
Contact: Earl McLaren, President/CEO



(A)  
Potato Starch

### Maple Leaf (Pork) (R,P,N,I) fi

6355 Richmond Avenue East  
Brandon, Manitoba R7A 7M5  
Phone: 204-571-2500  
Fax: 204-571-2570  
collinsl@mapleleaf.ca  
www.mapleleaf.ca  
Contact: Leo Collins, Plant Manager



(A)  
Pork: chilled; cryovac; fresh; frozen; moisture enhanced; bone-in; boneless cuts  
Hams & Picnics: bone-in and boneless  
Restaurant Hams & Restaurant Bacon  
Sliced and whole - Canadian Back Bacon; Side Bacon  
Sausages: fresh and frozen; smoked sausage products; frozen beef; beef & pork; pure pork; flavoured & Ethnic  
Wieners: regular and all beef; concession wieners  
Campfire Garlic Sausage & Kolbassa Coil  
Bologna: Visking; Bung; Deli Bologna  
Kolbassa: dry cured and semi-dry cured  
Sliced luncheon meats; deli meats  
Smokies: regular and cheese  
Right Choice salt and fat-reduced breakfast grill  
Turkey Bacon

Cooked Chicken Roast  
Maple Leaf Cooked Turkey Roast  
Deli Hams: Black Forest; Whole Fashion; Honey  
Cured: flavoured Deli Bacon & Canadian Back Bacon  
Roast Beef  
Pepperoni Sausage; Salami Sausage; Summer Sausage  
Smoked Corn Beef; Corned Beef Loaf  
Old Country Style Headcheese  
Specialty flavoured roasts  
Canned and luncheon meats  
Note: not all products are made in the Brandon  
facility but are available in the Manitoba  
market place.

### **Maple Leaf Consumer Foods (R,P,N,I) fi**

870 Lagimodiere Boulevard  
Winnipeg, Manitoba R2J 0T9  
Phone: 204-233-2421  
204-235-8219  
Fax: 204-233-5413  
burnetjo@mapleleaf.ca  
Contact: John Burnett, Plant Manager

(A)  
Smoked meats  
Hams & picnics: bone-in and boneless  
Restaurant Hams  
Back Bacon  
Smoked Sausage products  
Campfire Garlic Sausage & Kolbassa coil  
Smokies: regular  
Deli Hams: Vintage and Black Forest  
Deli Back Bacon  
Pepperoni Sausage; Salami Sausage  
Retail sliced hams branded

### **Maple Leaf Consumer Foods (R,P,N,I) fi**

140 Panet Road  
Winnipeg, Manitoba R2J 0S3  
Phone: 204-235-8100  
Fax: 204-233-4318  
Contact: Claudette Purchase



(A)  
Original; Pepperoni; BBQ; sticks available in  
8 g; 45 g; 95 g packages  
Private label



### **Maple Syrup of Manitoba (R,P,N,I)**

457 Aline Drive  
McCreary, Manitoba R0J 1B0  
Phone: 204-835-2631  
bobgass@mts.net  
Contact: Bob Gass

(A)

Our Maple Syrup is produced in Manitoba from the raw sap to finished Maple Syrup

### **Marg's Strawberry Patch (R)**

Grp. 2, Box 11, RR 2  
702 Dawson Road (PR 207)  
Lorette, Manitoba R0A 0Y0  
Phone: 204-878-4353  
margandg@mts.net  
Contact: Marg or Glenn Erickson

(A)

Certified Organic Strawberries in season  
Certified organic fruit & vegetables in season  
Strawberry Honey available year round (bees take pollen and nectar from strawberry flowers)  
Coffee baskets; fruit baskets; honey baskets; gift baskets made to order

(B)

Certified Organic Fair Trade Coffee beans available year-round  
Certified organic groceries; snacks & baking products  
Local pottery  
Future - jams; jellies & other preserves

### **Mariner Neptune Fish & Seafood Company Ltd.\* (R,P) fi**

472 Dufferin Avenue  
Winnipeg, Manitoba R2W 2Y6  
Phone: 204-589-5341  
800-668-8862  
Fax: 204-582-8135  
www.marinerneptune.com  
Contact: Russell Page, General Manager



(A)

Fresh Lakefish\*  
Winnipeg Smoked Goldeye\*  
Winnipeg Smoked Whitefish\*  
Smoked Tullibee\*

(B)

Hot Smoked Salmon\*  
Processed Halibut Steak\*  
Processed Salmon Steak\*

**Matheson Natural Farm Products (R,P)**

Box 516  
Stonewall, Manitoba R0C 2Z0  
Phone: 204-467-5941  
shandgeo@mts.net  
www.mathesonfarm.com  
Contact: George or Shelley Matheson

(A)

Free Range Pastured Poultry  
Naturally Raised Pork sold in 1/8; 1/4; 1/2 or whole  
hog packages; cut; smoked; vacuum packed  
Honey  
Honey Dessert Sauces; Chocolate or Butter Pecan  
Honey Sauce

**Mayfair Farms (R,P,N,I)**

Box 160 Island Park  
Portage la Prairie, Manitoba R1N 3B2  
Phone: 204-857-4581  
866-738-4299  
Fax: 204-239-0260  
Contact: The Giffins

(A)

Strawberries; Raspberries  
Cabbage; Cauliflower; Corn; Cucumbers; Pumpkins;  
Onions; Radishes; Tomatoes

**McCain Foods (Canada)\* (R,P,N,I)**

Box 70  
Carberry, Manitoba R0K 0H0  
Phone: 204-834-2136  
Fax: 204-834-3400  
jcw@mcain.ca  
www.mcain.ca  
Contact: Justin Walsh, Interim Plant Manager

(A)

Frozen potato products

**McCain Foods Canada (A Division of  
McCain Food Ltd.) (R,P,N,I)**

P. O. Box 220  
Portage la Prairie, Manitoba R1N 3B5  
Phone: 204-857-9761  
Fax: 204-857-9207  
dpguest@mcain.ca  
www.mcain.ca  
Contact: David Guest, Plant Manager

(A)

Frozen products:

Crinkle Cut French Fries  
Straight Cut French Fries  
Shoestring French Fries  
Superfries  
Diced Hash Browns  
Rise N' Fry  
Batter Fries

**McDonald Farm (R,P)**

Box 444  
Cartwright, Manitoba R0K 0L0  
Phone: 204-529-2633  
mcdonald\_farm@yahoo.ca  
www.mcdonaldfarm@yahoo.ca  
Contact: Wayne McDonald

(A)

Grass-Fed Beef  
Pastured Berkshire Pork  
Grass-Fed Lamb

**Meadowlark Honey Ltd. (R,P,N)**

Box 600  
Gladstone, Manitoba R0J 0T0  
Phone: 204-385-2337  
tfahr@mts.net  
Contact: Terry

(A)

Retail Honey

**Medallion Milk Company Ltd. (R,P,N) fi**

11 - 1109 Wilkes Avenue  
Winnipeg, Manitoba R3P 2S2  
Phone: 204-233-7220  
800-665-0507  
Fax: 204-233-8476  
gnazarko@mts.net  
www.medallionmilk.com  
Contact: Grant Nazarko, President  
Joe Mackenzie, Vice President

Federally registered & regulated dairy plant

(A & B)

Powder dairy products:

Skim Milk; Part Skim Milk  
Whole Milk  
Buttermilk  
Coffee Whitener

(B)

Powdered Dairy substitutes & other products:

Vances DariFree (milk substitute)  
Flavour-Fresh (cream substitute & coffee whitener)  
Flavour Charm (coffee whitener)  
Soft serve mix (ice cream alternative)  
Cappuccino mixes  
Hot Chocolate mixes  
Cheese sauces  
Powder Pudding mixes  
Specialty blending

### **Miinan Wild Blueberries (R,P)**

250 Rodney Street  
Headingley, Manitoba R4J 1A8  
Phone: 204-888-8839  
Fax: 204-888-8839  
Contact: Lena Friesen, President



“Miinan” Ojibway word for “wild berries”  
Our wild blueberries are hand picked  
Our goal is to provide traditional recipes to capture  
the natural flavours of the wild blueberry

(A)

Wild berries (in season)  
Wild Blueberry Pies  
Wild Blueberry Jam; Syrup; light spread -  
(Diabetic use); spread - 30 % less sugar  
Wild Blueberry & Green Tea Beverage 500 ml  
Wild Blueberry & Cranberry Juice 500 ml  
Wild Blueberry Herbal/Fruit Tea 30 g container  
Wild Blueberry Fruit Leather  
Wild Blueberry Salad Dressing  
Triple Berry Jam  
(Wild Blueberry; Wild Saskatoon & Strawberry)  
Wild Cranberry Jam/Jelly  
Wild Chokecherry Jam/Jelly  
Dill Pickles; Pickled Beets & other pickles

### **Minnie's Handmade Ethnic Treats Inc. (R,P)**

268 Main Street  
Selkirk, Manitoba R1A 1S4  
Phone: 204-785-9494  
minniesperogies@yahoo.ca  
Contact: Caroline Toews, Owner

(A)

Perogies: 1 dozen packages; pre-cooked & ready to  
serve:  
Potato, Cheddar Cheese, Bacon & Onion  
Potato, Cheddar Cheese, & Bacon  
Potato, Cheddar Cheese & Onion

Potato & Cheddar Cheese  
Potato, Bacon & Onion  
Potato & Onion  
Sauerkraut  
Sauerkraut, Bacon & Onion  
Cottage Cheese  
Cottage Cheese & Dill  
Cottage Cheese & Potato  
Cottage Cheese, Potato & Dill  
Pereshke (baked buns): 1 dozen packages; fully  
baked & ready to serve:  
Sauerkraut & Onion  
Sauerkraut, Bacon & Onion  
Potato & Onion  
Potato & Ground Beef  
Potato, Ground Beef & Onion  
Cabbage Rolls: 1 dozen packages fully cooked &  
ready to serve:  
Rice, Bacon, Onion & Ground Beef  
Rice, Bacon & Onion  
Rice & Bacon  
Rice & Onion (vegetarian)  
Buckwheat & Onion (cooked in water)  
Good old fashioned home-made and handmade  
goodness that has been passed down from  
generation to generation

**Morden's of Winnipeg Candy Mfg.  
Ltd.\* (R,P)**

674 Sargent Avenue  
Winnipeg, Manitoba R3E 0A6  
Phone: 204-783-4551  
Fax: 204-783-4217  
Contact: Fred Morden



(A & B)  
Boxed Chocolates\*  
Chocolate Covered Almonds; Raisins; Peanuts\*  
Russian Mints\* 400 g; 800 g  
All Creams\* 400 g  
Assorted chocolates\* 400 g  
Morden's Buds\* 400 g  
Green Layer Mint 200 g  
Dark Chocolate Ginger\* 200 g  
2 section special pack 675 g  
3 section special pack 900 g  
9 section special pack 2000 g  
+ special pack boxes contain Roasted Nuts &  
Chocolates bulk  
Swiss Slice (white)\*  
Almond Slice (dark)\*  
Chocolate Ginger\*  
Peanut Brittle\*; Mix Nut Brittle\*  
Chocolate Peco\*

Custom packaging; custom chocolate logo\*; custom  
moulding\*; private label  
Nut Roasters (bulk)\*  
Mixed Nuts; no peanuts\*  
Cashews\*  
Almonds\*

### **Mountain Valley Buffalo Inc. (R,P)**

Box 450  
Minitonas, Manitoba R0L 1G0  
Phone: 204-525-2262  
Fax: 204-525-2262  
lmuller@eatingbuffalo.ca  
www.eatingbuffalo.ca  
Contact: Lorne or Monica Muller

(A)

Ground Bison; Bison patties; roasts; steaks; kabobs; stew  
meat; jerky & 100% Bison sausages (Mennonite  
Farmer's; Salami; Summer; Bologna; Breakfast; Beer  
Sticks; Garlic)

### **Mr. D's Tart-n-Pie (R,P)**

1850 Ness Avenue  
Winnipeg, Manitoba R3J 0Y5  
Phone: 204-831-9619  
Fax: 204-831-9619  
Contact: Dwight or Debbie Fakes,  
Owner/Managers

(A)

Fruit pies: Apple; Raisin; Cherry; Saskatoon (in  
season); Blueberry 4"; Pumpkin 4"; 6"; Pecan 2"; 4";  
Home-made Mincemeat 2"; Peach 8" (in season)  
Meat Pies - 4"; 8":  
Minced Beef; French-Canadian Tourtiere;  
Beef & Mushroom; Chicken; Salmon;  
Chicken & Mushroom; Chicken & Vegetable;  
Beefsteak; Beefsteak & Mushroom;  
Beefsteak & Kidney; Shepherd's Pie  
Quiche Lorraine; Vegetable Quiche  
"English" Pork Pie  
Econo Beef 4"  
Tart Shells (sweet dough) 2"  
Pie Shells (pie dough) 2"; 8" and 1 lb. packages  
Pastries  
Scottish Shortbread (variety/sizes)  
Veggie Wraps

**Mum's Country Bakery/Apple Junction (R,P)**

Box 87, RR1  
St. Anne, Manitoba R5H 1R1  
Phone: 204-355-9288  
Fax: 204-355-4999  
tony@mumscountrybakery.ca  
Contact: Tony Unger

(B)  
Baked goods: Cinnamon Rolls; home-made pies;  
breads; cookies; Butter Horns; Hot Dog Buns;  
Hamburger Buns  
Apple Cider

**N**

**Naleway Foods Ltd. (R,P,N,I) fi**

233 Hutchings Street  
Winnipeg, Manitoba R2X 2R4  
Phone: 204-633-6535  
800-665-7448  
Fax: 204-694-4310  
takacs@naleway.com  
www.naleway.com  
Contact: Ray Takacs, National Sales Manager



(A)  
Frozen products - Perogies:  
Potato & Cheddar Cheese; Potato & Bacon  
Potato & Cottage Cheese; Potato & Onion  
1 kg; 2 kg; 5 lb. packs  
Panzerottis (hand held pizza snacks):  
Pepperoni & Cheese 100 g  
Deluxe 100 g; 400 g; 1.2 kg packs

**Nature's Farm (R,P,N,I)**

# 5 Life Science Parkway  
Steinbach, Manitoba R5G 2G7  
Phone: 204-326-5509  
Fax: 204-326-6626  
csinfo@naturesfarm.ca  
www.naturesfarm.ca  
Contact: Hermann or Sheryl Grauer



(A)  
"Nature's Pasta" 250 g or 500 g - egg varieties for retail\*  
"Nature's Pasta" 400 g - whole wheat or vegetable  
varieties for retail  
"Nature's Pasta" 5 kg - bulk pack for food service

**Nestibo Agra Inc. (R,P,N,I)**

Box 592  
206 Broadway Street North  
Deloraine, Manitoba R0M 0M0  
Phone: 204-747-2904  
888-835-6351  
Fax: 204-747-3767  
admin@nestiboagra.com  
www.nestiboagra.com  
Contact: Randy Fisher, General Manager  
rfisher@nestiboagra.com



(A)

Sunflowers:

Human edible Bakery Kernel  
Human edible Confectionary Kernel  
Long & short confectionary 20/64  
Long & short confectionary 22/64

**Northern Goose Processors Ltd./  
Northern Freedom Inc. (R,P,N,I) fi**

P. O. Box 510  
Teulon, Manitoba R0C 3B0  
Phone: 204-886-2552  
888-753-7846  
Fax: 204-886-2910  
info@northerngoose.com  
www.northerngoose.com  
Contact: Don R. Salkeld, President  
Delores Darowany, Sales Supervisor



(A)

Young Geese - Grade A, utility

Vacuum packed in bags; 4 per case  
Range of weight 3-4; 4-5; 5-6; 6 + up kg;  
6-8; 8-10; 10-12; 12 + up lb.

Goose parts:

Whole leg (2 per vacuum bag); bulk pack also  
available

Boneless breast (1 per vacuum bag); bulk pack  
available

Goose liver; heart; gizzard; feet; intestines;

2-joint wings; heads

Turkey - breasts; thighs; wings; drums

Feathers

Pure white Embden Goose feathers & down, washed

Bedding; duvets; pillows



**Notre Dame Creamery Ltd.\* (R,P,N,I)**

P. O. Box 158  
35 Provencher Street  
Notre Dame de Lourdes, Manitoba R0G 1M0  
Phone: 204-248-2212  
Fax: 204-248-2532  
ndcream@mts.net  
Contact: Guy Roch, Owner



(A)

Butter:

25 kg blocks (salted and sweet)  
1 lb. prints (salted)

Quark Cheese:

Regular; Lite; Low Fat - 250; 340; 500 g  
Organic Milk (Pro-cert)

**Nutri-Pea Limited\* (R,P,N,I)**

P.O. Box 380  
880 Phillips Street  
Portage la Prairie, Manitoba R1N 3B7  
Phone: 204-239-5995  
Fax: 204-239-6007  
sales@nutripea.com  
www.nutripea.com  
Contact: Tamara Ranadheera,  
Business Operation Manager



(A)

Manufacturer of pea protein isolate; native and modified pea starches; functional and dietary vegetable fibres\*; fat replacer

**O**

**Oak Island Acres Goat Dairy (R,P,N,I)**

P. O. Box 519  
Ile des Chenes, Manitoba R0A 0T0  
Phone: 204-878-2498  
Fax: 204-878-4618  
oakisland@skyweb.ca  
www.goatmilkcanada.com  
Contact: Richard or Beverley Simcock



(A)

Whole Goat Milk 2 L carton  
Goat Cheese Mozzarella; ripened  
Goat Cheese semi-soft; ripened  
Goat Cheese Cheddar  
Feta 100% Goat Milk  
Strawberry & Natural Yogurt w/Goat Milk

### **Oak Ridge Meats (R,P)**

Box 178

McCreary, Manitoba R0J 1B0

Phone: 204-835-2365

Fax: 204-835-2419

oakridgm@mts.net

Contact: Doris Fletcher

MB Meat Processors  
Association Member

(A)

Beef quarters; sides & cuts - fresh or frozen

Pork sides & cuts

Bison quarters; sides & cuts

Chicken products

Smokies; Garlic Coil; Ham Garlic Coil; Pepperoni

Sticks; Bologna; Salami; Cooked Ham Chubs; Beef

Jerky; Beef & Bison Patties; Farmer Sausage

Custom cut & wrap of Beef; Bison; Elk; Pork & Wild

Game

### **Oak River Quick Freeze (R,P)**

Box 58

Oak River, Manitoba R0K 1T0

Phone: 204-566-2385

Fax: 204-566-2175

Contact: Derek Shamray

MB Meat Processors  
Association Member

(A)

Fresh & frozen Beef products

Fresh & frozen Buffalo products

Fresh & frozen Pork products

### **Oaknook Honey Products Ltd. (R,P,N,I) fi**

P.O. Box 67

Ashville, Manitoba R0L 0A0

Phone: 204-548-4060

Fax: 204-548-4219

ohpltd@mts.net

www.oaknookhoney.com

Contact: Todd, Hilliard or Ryan Yakimishen

(A)

Federally inspected Honey un-pasteurized; creamed;  
& liquid Canada No. 1 White

Flavoured Honey; natural & artificial: Canola; Clover;

Borage; Alfalfa; Buckwheat (natural pure honey);

Cinnamon; Strawberry (natural flavouring; artificial  
flavouring respectively)

Sizes available: 250 g & 375 g squeeze bear

500 g; 1 kg; 3 kg; 7 kg; 15 kg; 30 kg large upon request

Custom packaging & labelling

Fill your own containers as well

Honey Slice (see website); 375 g a 'baker's delight'

Flax Seed Honey available upon request

## Old Dutch Foods Limited\* (R,P,N)

100 Bentall Street

Winnipeg, Manitoba R2X 2Y5

Phone: 204-632-0249

Fax: 204-697-2181

www.olddutchfoods.com

Contact: Greg Dick, Senior Director of Sales Manitoba,  
Ontario, Quebec



(A)

40/43g Old Dutch flavours: Original; BBQ; Salt'n  
Vinegar; Sour Cream'n Onion; Ketchup; Dill Pickle;  
All Dressed; Rip-L Smokey BBQ; Rip-L Sour Cream  
& Green Onion

40/34g Old Dutch Crunch flavours: Mesquite BBQ;  
Jalapeño & Cheddar

27/65g Old Dutch flavours: Original; BBQ; Salt'n  
Vinegar; Sour Cream'n Onion; Ketchup; Dill Pickle;  
Cheddar & Sour Cream; All Dressed; Rip-L Sour  
Cream & Green Onion; Rip-L Smokey BBQ; Rip-L  
Creamy Dill; Rip-L Mexican Chili; Rave Buffalo Wings

14/180 g Old Dutch flavours: Regular; Rip-L Chips;  
BBQ; Salt'n Vinegar; Ketchup; Onion'n Garlic; Rip-L  
Sour Cream & Green Onion

13/235g original, Rip-L-Chips, BBQ; Salt'n Vinegar;  
Sour Cream'n Onion; Ketchup; Dill Pickle; Cheddar  
& Sour Cream; All Dressed; Crispy Bacon; Rip-L  
Sour Cream & Green Onion; Rip-L Smokey BBQ;  
Rip-L Creamy Dill; Rip-L Lightly Salted; Rip-L  
Mexican Chilli; Rip-L Au Gratin; Rave Buffalo Wings

14/210 g Dutch Crunch Flavours: Original; Mesquite  
BBQ; Jalapeno & Cheddar; Sea Salt & Malt Vinegar;  
Roasted Red Pepper; Parmesan & Garlic

8/320 g flavours: Original; Rip-L-Chips; Salt'n Vinegar;  
Rip-L Sour Cream & Green Onion; Rip-L Smokey  
BBQ; Rip-L Creamy Dill

## Old Fashioned Noodle Products (R,P,N)

59 Speers Road

Winnipeg, Manitoba R2J 1M4

Phone: 204-237-8011

Fax: 204-233-3782

Contact: Remi Brengman, President

(B)

Manufacturer of pasta products including:

- Egg Noodles; fine; medium; broad; shells; 375 g  
bulk; custom packaging
- Spinach or Whole Wheat Noodles; 375 g;  
bulk; custom packaging
- Noodles (no egg); medium; broad 375 g
- Wild Rice Noodles; medium; 200 g

**Organic Ranchers Inc. (R,P,N)**

Station 1, Box 9  
70 Kendale Drive  
Winnipeg, Manitoba R3T 5M4  
Phone: 204-269-0658  
Fax: 204-275-1679  
hbouvier@organicrancherscanada.com  
www.organicrancherscanada.com  
Contact: Helene Bouvier



(B)  
Frozen Certified Organic Beef & Bison

**Overby Bison (R,P)**

Box 64  
Inwood, Manitoba R0C 1P0  
Phone: 204-278-3302  
Fax: 204-278-3737  
overbybison@mts.net  
Contact: Ken & Iris Overby

(A)  
All cuts of natural Bison meat

**Owltree Farm (R)**

Box 444  
Altona, Manitoba R0G 0B0  
Phone: 204-324-6259  
Contact: Ron 'Joe' Braun

(A)  
Fresh vegetables: Cucumbers; Onions; Peppers;  
Potatoes; Tomatoes; Squash  
Fresh Melons: Cantaloupe; Honeydew; Watermelon

**P**

**Palumbo Food Ltd. (R,P,N)**

88 Farlinger Bay  
Winnipeg, Manitoba R2V 3N8  
Phone: 204-339-5573  
la\_tazzina@shaw.ca  
Contact: Giuseppe (Joe) Palumbo

(A)  
Baked Edible Cup - expected to be commercially  
available early 2009

**Parent Seed Farms Ltd. (R,P,N,I)**

12 Martin Street  
PO Box 36  
St. Joseph, Manitoba R0G 2C0  
Phone: 204-737-2625  
Fax: 204-737-2248  
parentseed@parentseed.com  
www.parentseed.com

Contact: - Bruno Sabourin - Trader  
Lentils & bird food 204-737-3001  
brunos@parentseed.com  
- Peter Klippenstein - Trader  
Beans 204-737-3005  
peterk@parentseed.com  
- Clement Hacault - Trader  
Peas 204-737-3008  
clementh@parentseed.com

(A)

Bulk/Bagged - Beans/Lentils/Peas, etc.  
20 to 50 kg or in 1000 & 2000 kg tote bags

Beans:

Black Turtle; White Pea; (Navy Beans); Pinto;  
Cranberry; Great Northern; Dark Red Kidney;  
Dutch Brown; Pink; Small Red; Light Red Kidney;  
Faba; Soybeans

Chickpeas:

Kabuli; Peas; Yellow - Extra Large; Large; Small;  
Green; Marrowfat; Maple; Australian Winter; Split  
Yellow and Green Peas

Lentils:

Laird; Eston; Richlea; Red; French Green

Canola & Flaxseed: for human consumption

Whole Oat Groats

Sunflower (oil; confection - also for human  
consumption)

Services are available in English, French and Spanish

**Parmalat Dairy & Bakery Inc. (Fluid  
Operations)\* (R,P)**

738 St. Joseph Street  
Winnipeg, Manitoba R2H 3A3  
Phone: 204-233-1441  
Fax: 204-231-0709  
bashir\_mohamed@parmalat.ca  
www.parmalat.ca

Contact: Bashir Mohamed, Plant Operations  
Manager

Fluid Milk  
Yogurt  
Cheese

**Parmalat Dairy & Bakery Inc.\* (R,P,N,I)**

P. O. Box 238  
St. Claude, Manitoba R0G 1Z0  
Phone: 204-379-2571  
Fax: 204-379-2110  
fred\_laffin@parmalat.ca  
www.parmalat.ca  
Contact: Fred Laffin, Manager



(A)  
Butter\* - salted and unsalted Canada\* #1  
25 kg; 454 g; whipped cups (4.2 or 4.5 g)  
regular cups (6.5 or 7 g)  
Skim Milk Powder\* 25 kg bags  
Buttermilk Powder 25 kg bags

**Parmalat\* (R,P,N,I)**

26 Elm Avenue North  
Grunthal, Manitoba R0A 0R0  
Phone: 204-434-6408  
Fax: 204-434-6790  
www.parmalat.ca  
Contact: Yvonne Rowe, Manager

(A)  
Cheese: 2; 5; 10 and 40 lb. blocks  
Industrial Cream & Whey Cream\*

**Pasak Farm Limited (R,P,N,I) fi**

Box 11, Group 245  
R. R. # 2  
Winnipeg, Manitoba R3C 2E6  
Phone: 204-632-6844  
Fax: 204-632-6844  
www.wildboarrest.com  
Contact: Chalocm Pasak, President

(A)  
Specialty Game Meats  
All Wild Boar products

**Patti Cakes Inc. (R,P)**

Box 12  
Belleview, Manitoba R0M 0A0  
Phone: 204-854-2241  
Fax: 204-854-2241  
patticakesinc@rfnw.com  
www.patticakesfruitcake.com  
Contact: Patti Marcq, President



(B)  
Fruit Cakes made with real butter & cream: light; dark;  
reduced sugar dark; Apricot; Pecan; Chocolate Cherry  
Christmas Pudding and Caramel Rum Sauce

### **Peak of the Market (R,P,N,I)**

1200 King Edward Street  
Winnipeg, Manitoba R3H 0R5  
Phone: 204-632-7325  
Fax: 204-774-7325  
Peak@PeakMarket.com  
www.PeakMarket.com



Contact: Larry McIntosh, President and CEO  
Larry@PeakMarket.com  
Dave Whitmore, Vice President, Sales  
Dave@PeakMarket.com

(A)

Potatoes; Carrots; Onions & other summer  
vegetable crops  
Organic Red Potatoes & Onions

### **Pepsi Bottling Group, Winnipeg\* (R,P,N)**

1850 Ellice Avenue  
Winnipeg, Manitoba R3H 0B8  
Phone: 204-788-7912  
Fax: 204-788-7909  
www.pepsi.ca  
Contact: Grant Anderson, Quality Assurance Manager

(B)

Pepsi-Cola: cans; 591ml; 1 L; 2 L; premix; BIB; 6x710 ml  
Diet Pepsi: cans; 1 L; 2 L; premix; BIB  
Diet Pepsi Max; JPK's; 591 ml; 2 L  
Caffeine-Free Diet Pepsi: cans; 2 L  
Mountain Dew: cans; 591 ml; BIB; 2 L  
7-Up: cans; 591 ml; 1 L; 2 L; premix; BIB; 6x710 ml  
Diet 7-Up: cans; 591 ml; 2 L  
Dr. Pepper: cans; 591 ml; BIB; premix; 2 L  
Diet Dr. Pepper: cans; 2 L  
Orange Crush: cans; 591 ml; 2 L; BIB  
Mug Root Beer: cans; 591 ml; 1 L; 2 L; premix; BIB  
Cream Soda (Crush): cans; 591 ml; 2 L; premix; BIB  
Grape Crush: cans; 591ml; 2 L; BIB  
Lime Crush: 591 ml  
Tropicana Lemonade (Lipton): cans 591 ml; BIB  
Schweppes Ginger Ale: cans; 591 ml; 1 L;  
2 L; premix  
Schweppes Diet Ginger Ale: cans  
Schweppes Raspberry Ginger Ale: 2 L  
Schweppes Tonic Water: cans; 1L; premix; 2L  
Schweppes Club Soda: cans; 1 L; premix; 2 L  
Brisk Iced Tea: cans; 591 ml; 1 L; 2 L  
Sunrype: cans; 473 ml; 300 ml  
Lipton Tea: 473 ml

**Pic a Pop Inc. (R,P)**

101 - 478 River Avenue, Suite # 724  
Winnipeg, Manitoba R3L 0B3  
Phone: 204-777-2688  
Fax: 204-477-4807  
bhruda@mts.net  
Contact: Bart Hruda



(B)

330 ml sodas: Lime; Black Cherry; Strawberry; Blue Razzberry; Cream; Orange; Root Beer; Grape; Cola

**Piney-Fine Natural Spring Water Inc. (R,P)**

Box 30  
Piney, Manitoba R0A 1K0  
Phone: 204-423-2237  
Fax: 204-423-2243  
alc@pineyfine.ca  
www.pineyfine.ca  
Contact: Alfred Coates



Bottled water (natural spring water):  
500 ml; 600 ml; 1 L; 4 L; 10 L; 11.3L; 18.9 L  
Custom labelling

**Pioneer Meats (R,P)**

Box 998  
Altona, Manitoba R0G 0B0  
Phone: 204-324-5454  
Fax: 204-324-1759  
pioneermeat@wiband.ca  
Contact: Scott Penner, President



MB Meat Processors  
Association Member

(A)

Smoked Sausage: single vac; single vac, easy peel;  
family pack; family pack, easy peel; double smoked;  
double smoked, easy peel; Pork & Beef; Pork & Beef,  
easy peel; less salt; less salt, easy peel; patties;  
less salt easy peel family pack  
Liverwurst  
Home-made style sausages  
Cooked Ribs  
Crackles 1; 2; 8 lb.  
Brown Lard 1 lb.  
Pure Lard 2; 7.5 lb.  
Bulk: patties; loins; butts; hocks; picnics hock on;  
spare ribs



**Pitura Seed Service Ltd. (I)**

Box 2  
Domain, Manitoba R0G 0M0  
Phone: 204-736-2849  
Fax: 204-736-2838  
Contact: Cal Pitura

Human Grade Flax  
Soybeans

**Pizey's Nutritional\* (R,P,N,I)**

Box 132 (3 miles south on RR 476 off of Hwy 45)  
Angusville, Manitoba R0J 0A0  
Phone: 204-773-2575  
Fax: 204-773-2317  
info@pizeys.com  
www.pizeys.com  
Contact: Linda or Glenn Pizey



(A & B)  
Whole Golden Flax  
Whole Brown Flax  
Milled Golden Flax  
Milled Brown Flax  
Pancake Mix  
Muffin Mix  
Smooth Omega



**Plains Processor Ltd. (R,P)**

P.O. Box 1259  
Carman, Manitoba R0G 0J0  
Phone: 204-745-3068  
Fax: 204-745-6105  
Contact: Dennis Derkson, Manager

MB Meat Processors  
Association Member

(A)  
Processors of fresh and frozen Pork; Bison; and Beef

**Polar Foods Inc. (I)**

P.O. Box 293  
Fisher Branch, Manitoba R0C 0Z0  
Phone: 204-372-8478  
Fax: 204-372-8479  
polarfoods@yahoo.com  
www.polarfoods.net  
Contact: Nathan Golas

(A)  
Flax Oil

**Pollock Farms (R,P)**

R. R # 5 Box 49  
Brandon, Manitoba R7A 5Y5  
Phone: 204-728-7672  
Fax: 204-728-7672  
pollock.farms@gmail.com  
Contact: Larry or Pat Pollock

(A)

Spelt Berries - Organic Crop Improvement Association  
(OCIA) certified organic  
Garden Vegetables - OCIA certified organic  
Potatoes - OCIA certified organic  
NOP, EU certified organic

**Pop's Farm (R,P,N,I) fi**

463 Dawson Road North  
Winnipeg, Manitoba R2J 0S9  
Phone: 204-233-7089  
Fax: 204-237-8447  
jlechman@popsfarm.com  
www.popsfarm.com  
Contact: Jeremiah Lechman

Chicken: whole; cut up; bulk; cryovac or tray pack;  
air-chilled; 100% certified organic

**Prairie Abattoir Ltd. (R,P)**

Box 105  
235 Angle Road South  
Portage la Prairie, Manitoba R1N 3B2  
Phone: 204-857-7120  
888-857-7120  
Fax: 204-857-7100  
prairieabattoir@mts.net  
www.mts.net/~Inperrea/  
Contact: Lee Perreault, President  
Murray Simpson, Manager



MB Meat Processors  
Association Member

(A)

Fresh & frozen meats (mainly Pork)  
Wholesale 1st quality meats  
Custom slaughter & processing  
Institutional food supply

**Prairie Flax\* (R,P,N)**

P.O. Box 1057  
Portage la Prairie, Manitoba R1N 3C5  
Phone: 204-252-2940  
866-283-3331  
Fax: 204-252-2983  
info@prairieflax.com  
www.prairieflax.com

Contact: Richard Zacharias, General Manager  
Susan Jackson, Office Manager

(A & B)  
Whole Milled Flax  
Small 450 g to commercial uses

**Prairie Flour Mills Ltd.\* (R,P,N,I)**

11 Janzen Road  
PO Box 301  
Elie, Manitoba R0H 0H0

Phone: 204-353-2895  
888-993-5687

Fax: 204-353-2943

gm@prairieflour.com  
www.prairieflour.iwarp.com

Contact: Dale Williamson, General Manager  
Dennis Wirvin, Sales 204-255-3314



(A)  
Wheat Bran\*  
Strong Bakers Flour  
Whole Wheat Flour  
Organic White Flour  
Organic Whole Wheat Flour  
Bulk orders - all flours  
Customer flour formulations



**Prairie Lane Saskatoons Inc. (R,P,N,I)**

P. O. Box 7, Group 25, R. R. # 1  
Petersfield, Manitoba R0C 2L0

Phone: 204-738-2476  
Fax: 204-738-2476

kimpls@highspeedcrow.ca  
info@prairielane.ca

www.pfga.com  
Contact: Kim Ritz, President



(A)  
Saskatoon Fruit Topping 270 ml & 1 L jars  
Saskatoon Berries IQF (Individually Quick Frozen)  
Saskatoon Honey  
Saskatoon Bark 70 & 100 g  
Grower, processor & packager of non GMO  
Saskatoon Berry products

**Prairie Orchard Farms Inc. (R,P,N,I) fi**

7 - 851 Lagimodiere Boulevard

Winnipeg, Manitoba R2J 3K4

Phone: 204-233-7369

Fax: 204-237-4743

willy@prairieorchardfarms.com

www.prairieorchardfarms.com

Contact: Willy Hoffmann, President

Jake Penner, Sales

jpenner@prairieorchardfarms.com



Products: Omega 3 and selenium enhanced Pork;  
Chicken;Turkey

**Prairie Oven Inc. (R,P)**

1399 Pembina Highway

Winnipeg, Manitoba R3T 2B8

Phone: 204-474-5900

Contact: Kirsten Godbout

(B)

White Bread

Whole grain breads: Brown; Multigrain; Herb;  
Cinnamon; Raisin

Specialty breads: Rye; Dairy & Egg-Free

Harvest Vegan Bread; Banana Bread; Sourdough

Baguettes; Muffins, Scones, Cookies, Squares

Cinnamon Buns

Organic bakery - The Right Choice . . ."Naturally"

No additives or preservatives.

Some alternative wheat-free products; as well as  
wheat products free of dairy; eggs; animal fats;  
yeast or white sugar (low in oil)

**Prairie Produce (1996) Inc. (R,P,N) fi**

694 Logan Avenue

Winnipeg, Manitoba R3E 1M4

Phone: 204-774-2551

Fax: 204-775-4734

turkey2@mts.net

Contact: John Fedorkiw, President



(A)

Cooked Turkey Rolls: boneless; approx. 10 lb. white  
meat only or dark & white meat

Boneless Turkey Roll for roasting; white meat; dark &  
white meat; or dark meat; 2 lb.; 8 1/2 lb.

Cooked Turkey Breast: ~ 4.5 lb. per unit

Cooked Turkey Breast & Thigh: 4.5 lb. per unit

Turkey Drumsticks or Winglets 10 lb.; 30 lb.

Turkey Breast & Thigh Roast 8 1/2 lb.

"salt-free" available

2 lb. boneless Turkey Roast - breast meat (gourmet)

Turkey Pastrami; Turkey Ham; Diced Turkey

Raw boneless/skinless Turkey  
Breast/thigh/meat  
Whole or ground Turkey  
Diced Chicken  
Frozen Chicken Breasts IQF  
Private label products

**Prairie Rose Meats Ltd. (R,P)**

Box 1349  
Souris, Manitoba R0K 2C0  
Phone: 204-483-2765  
Fax: 204-483-2765  
Contact: Marc Bellon

MB Meat Processors  
Association Member

(A)  
Local meat: Beef; Pork; Elk; Bison  
Certified organic Beef  
Speciality home-made products

**Prairie Seasons Bakery (R)**

370 Mountain Avenue, Box 2008  
Neepawa, Manitoba R0J 1H0  
Phone: 204-476-2024  
Fax: 204-476-3537

110 Wapiti Avenue  
Onanole, Manitoba R0J 1N0  
Phone: 204-848-4678  
Contact: Dan or Rhoda Medina

(A)  
Organic Breads; Buns  
Cinnamon Buns  
Squares & Sweets  
Cookies

(B)  
Sandwiches; Soups; Salads  
Organic Coffee & Teas

**PrairieLand Grain Co. Ltd. (R,P,N,I)**

Box 537  
Hartney, Manitoba R0M 0X0  
Phone: 204-769-2282  
Fax: 204-769-2080  
Contact: Vanessa Ross, Business Manager

(B)  
Contractor and processor of Green Marrow Fat Peas;  
Yellow Peas; Green Peas; Lentils; Beans

**Preferred Meats Inc. (R,P,N)**

505 Dawson Road  
Winnipeg, Manitoba R2J 0T2  
Phone: 204-233-2344  
Fax: 204-235-1685  
Contact: Don Phillips, President  
Bill Houston

(B)

All fresh Beef carcasses & cuts  
All fresh boneless Beef products  
All block ready Beef cuts  
All fresh & frozen Bison cuts  
All fresh Pork cuts  
Distributors of all Cargill Beef; Maple Leaf Fresh Pork;  
Granny's Poultry; Winkler Meat Products; Sunterra  
Veal & Lamb; XL Beef

**Pretty Valley Honey (R,P,N,I)**

Box 93  
Minitonas, Manitoba R0L 1G0  
Phone: 204-525-2073  
Fax: 204-525-2074  
eckhard@mts.net  
Contact: Eckhard or Katherine Rinsdorf

(A)

Honey  
Beeswax & Candles

**Prinsloo Pastures (R,P)**

987 McMillan Avenue  
Winnipeg, Manitoba R3M 0T4  
Phone: 204-997-4105  
wian@prinsloopastures.com  
www.prinsloopastures.com  
Contact: Wian Prinsloo  
RM of Stuartburn SE 1/4 09-01-09 E

(A)

Naturally Raised Pastured Poultry  
Range Fed Turkeys  
Grass Fed Lamb  
Pastured Pork

**R**

**Rigby Orchards Estate Winery (R,P,N,I)**

P.O. Box 163  
Killarney, Manitoba R0K 1G0  
Phone: 204-523-8879  
Contact: Grant Rigby, President



(A)

Boyne Raspberry Wine - organic; clean; no added sulphites

Certified organic frozen raspberries

Saskatoon Berry - low carb; whole health food in fancy glass jar or poly jug; for salads dressing; meat marinade or dessert topping

Certified organic crops - Soybean; Buckwheat; Alfalfa; Hemp Foods; Camelina

Organic Hemp Grain

Mead Wine

(B)

Black Currant Wine - prairie-grown organic transition; no added sulphites

### **Rockwood Bison Ranch (R,P) fi**

7800 Roblin Boulevard  
Headingley, Manitoba R4H 1B6  
Phone: 204-895-4329  
Fax: 204-895-1970  
sepp@mts.net  
Contact: Len Epp

(A)

Bison: Steaks; Roasts; Smokies; Wieners; Short-Ribs; Ground; whole and half carcasses

### **Roy Legumex Inc. (R,P,N,I)**

P. O. Box 40  
250 Rue Caron  
St. Jean-Baptiste, Manitoba R0G 2B0  
Phone: 204-758-3597  
800-785-7857  
Fax: 204-758-3260  
legumex@legumex.com  
www.legumex.com  
Contact: Ivan Sabourin, President

(A)

Dry Peas: Yellow (whole & split)

Dry Peas: Green (whole & split)

Green Lentils

Faba Beans - (whole; dehulled or full split)

Sunflowers; Safflowers; Millet

Food quality Flax

All varieties of Beans

Chickpeas

Food quality Non-GMO Soybeans

## S

### Saputo Foods Ltd.\* (R,P,N)

Box 1180  
235 Manitoba Road  
Winkler, Manitoba R6W 4B2  
Phone: 204-325-4321  
Fax: 204-325-5739  
akrahn@saputo.com  
www.saputo.com  
Contact: Alvin Krahn, Plant Manager



(A)  
Bulk Cheese; 640 lb. blocks  
Whey Protein Concentrate \*35%

### Saputo Foods Ltd.\* (R,P,N)

202 - 1460 Chevrier Boulevard  
Winnipeg, Manitoba R3T 1Y6  
Phone: 204-987-6450  
Fax: 204-452-3476  
papineau@saputo.com  
www.saputo.com  
Contact: Don Papineau, Regional Director of Sales



(A)  
Milk & Cream products\*  
Milk Whole\* 20 L; 4 L; 2 L; 1 L; 1/2 L; 1/4 L  
Milk 2%\* 20 L; 4 L; 2 L; 1 L; 1/4 L  
Skim Milk\* 20 L; 2 L; 1 L; 1/4 L  
Buttermilk\* 1 L  
Chocolate 2% Milk\* 20 L; 1 L; 1/2 L; 1/4 L  
Cereal Cream\* 1 L; 1/2 L; 1/4 L;  
Individual creamers; 1/2 oz., 160/bag  
Whipping Cream\* 1 L, 1/4 L  
Sour Cream\* 4 L; 1/2 L; 1/4 L  
Egg Nog\* 1 L; 2 L  
Dry Cottage Cheese\* 600 g; 10 kg  
1 1/2 kg bags & bulk  
Creamed Cottage Cheese\*  
250 g; 500 g; 6/cs; 12/cs;  
1 1/2 kg bags & bulk  
Butter salted\* No. 1:  
250 g; 36/cs; 50/cs; 454 g  
Butter unsalted \* 250 g; 70/cs  
Butter bulk\* 25 kg boxes  
Butter 5 lb. patties; 7 lb. portions 13 lb. readies  
Ice Cream mix\* (soft serve)  
Vanilla & Chocolate\*; 20 L; 10 L; 2 L  
Milkshake mix\* 1 L  
Ice Milk mix\* 2 L  
Cheddar Cheese  
Mozzarella Cheese



(B)  
International Delight Creamers:  
946 ml; 473 ml portion cups

**Schauzz Honey Farm (R,P,N,I) fi**

RR # 5, Comp # 118  
Dauphin, Manitoba R7N 2T8  
Phone: 204-638-7662  
Contact: Rick or Lee-Ann Schau

(A & B)  
Liquid or creamed flavoured honey: Cinnamon;  
Blueberry; Saskatoon; Cranberry; Wild Berry;  
Raspberry; Strawberry; Cherry

**Scott Bathgate Ltd. (R,P,N)**

P. O. Box 765  
149 Pioneer Avenue  
Winnipeg, Manitoba R3C 2M8  
Phone: 204-943-8525  
800-216-2990  
Fax: 204-957-5902  
info@scottbathgate.com  
www.scottbathgate.com  
Contact: Don Toffan, Business Development Manager  
dtoffan@scottbathgate.com  
Dave Sheridan, Purchasing Director



(A)  
Nutty Club Sunflower Seeds  
- in shell; raw; roasted in variety of sizes  
Nutty Club Cordial (2 flavours)  
Nutty Club Pancake Syrup  
Nutty Club Blueberry Pancake Syrup  
Nutty Club Candy (over 60 varieties)  
Pumpkin Seeds

(B)  
Food Club Hot Mustard  
Food Club Prepared Mustard  
Food Club Food Colour (4 colours)  
Engedura Yeast  
Nutty Club baking supplies  
- large variety of Nuts & Peanuts  
Cake Fruitlets  
Nutty Club Karmel Korn  
Nutty Club Crispy Corn  
Nutty Club Prize Popcorn (Pink)  
Nutty Club Satchel Popcorn with Prize (Pink)  
Nutty Club Popping Corn  
Nutty Club Peanut Butter  
Nutty Club Peanut Butter No Salt  
Nutty Club Crunchy Peanut Butter

**Seeds to Blooms (R)**

Box 27, Group 201, RR #2  
Winnipeg, Manitoba R3C 2E6  
Phone: 204-633-6754  
sgowan@rainyday.ca  
Contact: Sandra Gowan

(A)

Fresh Edible Flowers - pesticide free  
Edible Floral Confetti

**Seine River Shepherds (R,P)**

Box 1041  
St. Anne, Manitoba R5H 1C1  
Phone: 204-422-8723  
Fax: 204-422-8723  
reros@mts.net  
www.seinerivershepherds.com  
Contact: Randy Eros, Owner

(A)

Lamb products  
Freezer Lamb  
Lamb cuts  
Wool products

**Sevala's Ukrainian Deli & Catering  
(R,P)**

126 Victoria Avenue West  
Winnipeg, Manitoba R2C 1S5  
Phone: 204-224-4900  
Fax: 204-222-3732  
sevalas@mts.net  
www.sevalas.com  
Contact: Del Demchuk, Owner/Operator



(A)

Handmade, fresh or frozen Perogies (7 kinds)  
Perogy Bites (3 kinds)  
Cabbage Rolls (4 kinds)  
Pyrishky (3 kinds)  
And much more

**Shellmouth Sausage Co. (R,P)**

Box 848  
Roblin, Manitoba R0L 1P0  
Phone: 204-937-8322  
Contact: Don Addis

(A)  
Summer Sausage; Country Style Sausage  
Ham-Garlic Sausage; Ham-Garlic Stick  
Salami; Salami Stick  
Pepperoni; Pepperettes  
Hickory Stix  
Home-style Patties  
Custom work

**Shoal Lake Wild Rice\* (R,P,N,I)**

28 A Christopher Street  
Winnipeg, Manitoba R2C 2Z2  
Phone: 204-989-7696  
Fax: 204-943-4719  
info@slwr.com  
www.shoallakewildrice.com  
Contact: Murray Ratuski



(B)  
Pure Wild Rice  
Wild Rice Blends  
Pancake & Waffle Mix  
Cooked Wild Rice - ready to eat

**Silent Creek Coffee (R,P,N)**

Box 2921  
Swan River, Manitoba R0L 1Z0  
Phone: 204-734-2128  
Fax: 204-734-2529  
Contact: Dennis or Carol Barkman

(B)  
Freshly roasted coffee - beans or ground  
(We bring in raw coffee beans, then roast &  
package them)

**Simplot Potato Plant (R,P,N,I)**

P.O. Box 1180  
Portage la Prairie, Manitoba R1N 3J9  
Phone: 204-857-8868  
Fax: 204-857-1499  
Contact: Chris Tompkins



(A & B)  
French Fries

**Sky Blue Water Inc.\* (R,P)**

1445 - 444 St. Mary Avenue  
Winnipeg, Manitoba R3C 3T1  
Phone: 204-949-1012  
Fax: 204-949-1013  
www.skybluewaterinc.com  
Contact: Alex Krozkin, CFO



(A)  
Spring Water  
Labelling services

**Smith's Quality Meats (R,P,N) fi**

1434 Church Avenue  
Winnipeg, Manitoba R2X 1G4  
Phone: 204-633-7055  
Fax: 204-694-0708  
glinney.smith@mts.net  
Contact: Glen Linney



(A & B)  
Beef; Pork; Veal; Bison; Lamb  
- portion control & vacuum-packed meats  
Sausage  
Cooked & cured meats

**Souris Valley Processors (R,P)**

Box 460  
641 Gov't Road Allowance  
Melita, Manitoba R0M 1L0  
Phone: 204-522-8210  
Fax: 204-522-8210  
Contact: Krista Tweed



(A)  
Beef & Pork Sausages or Breakfast Sausages  
Beef & Pork Sausage Patties  
Ham Garlic Sausage  
X-Lean Beef Patties: 4 oz.  
Beef Patties: 4 oz. non seasoned or seasoned  
Bacon Burgers: 4 oz.  
Bison Burgers: 4 oz. non-seasoned  
Bison Sausages  
Beef Jerky  
Beef Pepperoni Snack Stix  
Cured products: Ham; Ham Steaks; Bacon  
Beef & Pork sausages - gluten-free

### **Spenst Bros. Premium Meats (R)**

Box 149  
Winkler, Manitoba R6W 4A4  
Phone: 204-331-1300  
Contact: Paul or Felisha Spenst

(A & B)  
Beef products - fresh  
Deli products  
Sausages  
Pizza - frozen or take-out  
Pork products - fresh  
Lamb - fresh

### **Springhill Farms (R,P,N,I) fi**

P.O. Box 10,000  
Neepawa, Manitoba R0J 1H0  
Phone: 204-476-3393  
Fax: 204-476-3791  
thor@springhillfarms.ca  
www.springhillfarms.ca  
Contact: Thor Eiriksson, Product Manager



(A)  
All fresh and frozen Pork cuts - primal and sub-primal

### **Spruce Ridge Black Angus Beef (R,P)**

Box 354  
Ashern, Manitoba R0C 0E0  
Phone: 204-768-3900  
Contact: Ross or Dr. Helen Jermev

(A)  
Government inspected: Beef quarters; cut & wrapped Smokies; Garlic Coil; Hamburger

### **Stonelane Orchard (R,P)**

Box 1484  
Steinbach, Manitoba R5G 1N2  
Phone: 204-371-8581  
Fax: 204-346-1029  
kim@stonelaneorchard.com  
www.stonelaneorchard.com  
Contact: Richard Whitehead or Kim Shukla

(A)  
Potatoes: Binjke; Russian Blue; Fingerling  
Beans: Green; Yellow; Purple Beets  
Brussel Sprouts  
Cabbage: Green; Red  
Carrots: Baby; Crème de lite; Purple Haze  
Ground Cherries  
Herbs: Dill; Basil; Summer Savoury; Oregano

Indian Corn & Gourds  
Pumpkins  
Squash: Hubbard; Spaghetti; Butternut; Buttercup  
Grey Ghost  
Sweet Corn  
Tomatillos  
Tomatoes: Lemon Boy; Roma; Moncherry; Sweet  
Orange  
Black Currants; Raspberries; Saskatoons  
Jams

### **Stonewood Elk Products Ltd. (R,P) fi**

Box 1156  
Stonewall, Manitoba R0C 2Z0  
Phone: 204-467-8428  
Fax: 204-467-8428  
stonewoodelk@hotmail.com  
www.stonewoodelk.com  
Contact: Lou Farmer



(A)  
Ground Roast Steaks; Smokies; Pepperoni; Hamburger  
Patties; Garlic Sausage; Jerky - sweet & spicy; BBQ  
Federally inspected range raised Elk meat  
Portion cut; cryovac & frozen  
Low fat; high protein; high iron  
Retail & wholesale distribution of complete  
selection of Elk cuts  
Also: Elk gloves; tanned hides; & Elk Velvet Antler Pills

### **Suchot's Kitchen (R,P,N)**

751 Wall Street  
Winnipeg, Manitoba R3G 2T6  
Phone: 204-688-4287  
suchots\_kitchen@hotmail.com  
www.menumanitoba.com/suchotskitchen.htm  
Contact: Suchot Sunday or Stephanie

(B)  
Cookies: Frosted Pumpkin Banana; Banana Cream;  
Spelt  
Squares: Cranberry Date; Raspberry  
Cranberry Fudge Brownies  
Spelt Waffles (Chocolate Chip/Cranberry)

### **Sunco Foods (R)**

405 Notre Dame Avenue  
Winnipeg, Manitoba R3B 1R2  
Phone: 204-942-8643  
Fax: 204-943-0388  
Contact: Laurie Au, General Manager

(A)  
Specialized Oriental Noodles  
Wrappers & pasta products  
Chow Mein  
Fresh-Cooked Egg Rolls  
Fresh-Cooked Spring Rolls  
Manufacturer and wholesaler  
Retail and bulk sizes available

**Sunnybrook Bee Farm (R,P) fi**

216 Loewen Boulevard  
Steinbach, Manitoba R5G 0E5  
Phone: 204-326-3763  
manbeekr@mts.net  
Contact: Ron or Shirley Rudiak

(A)  
Canadian Honey (white or dark)  
Specializing in creamed white honey (regulation sizes)  
Custom ordered gift sizes available

**Sunny Day Products Ltd. (R,P,N,I)**

Box 2080  
349 Manitoba Road  
Winkler, Manitoba R6W 4B8  
Phone: 204-325-8910  
Fax: 204-325-6328  
info@sunnydayproducts.com  
www.sunnydayproducts.com  
Contact: Dick Plett, General Manager



(A)  
Roasted Sunflower Seeds (natural; salted; seasoned):  
24 x 100 g bags; 24 x 300 g bags; 12 x 600 g bags;  
50 lb. bag in shell; 50 lb. bag shelled  
Raw Sunflower Seeds: 50 lb. bag in shell  
50 lb. bag shelled  
Roasted Soy Nuts 25 lb. box

(B)  
Roasted Peanuts: (natural & salted) 24 x  
100 g bags; 24 x 250 g bags; 12 x 500 g  
bags; 45 lb. bag Jumbo; 45 lb. bag Valencia  
Raw Peanuts: 50 lb. bag Jumbo; 50 lb. bag  
Valencia  
Roasted Pistachios: (natural; salted; seasoned) 24 x  
125 g bag; 24 x 454 g bag; 25 lb. box  
Roasted Pumpkin Seeds: (natural; salted)  
24 x 85 g bags; 25 lb. box  
Corn Tortillas: 12 x 25 shells/box  
Mexican food products

**Sunpeak Foods (R,P)**

200-135 Innovation Drive  
Winnipeg, Manitoba R3T 6A8  
Phone: 204-480-1876  
Fax: 204-474-7975  
email@sunpeakfoods.com  
www.sunpeakfoods.com  
Contact: Regan Stevenson, President

(A)

Sunpeak Multigrain Chicken Tender  
Sunpeak Whole Grain Sub Sandwiches  
Sunpeak Whole Grain Pasta

(B)

Sunpeak Quick & Healthy Frozen Pasta  
Sunpeak Organic Pasta (certified)  
Custom & Soup production available

**Sun Prime Extracts Ltd. (R,P,N,I)**

P.O. Box 250  
Russell, Manitoba R0J 1W0  
Phone: 204-773-2622  
Fax: 204-773-3137  
jschaab@sunprime.ca  
www.sunprime.ca  
Contact: Jill Schaab

(A)

Pure, Canadian Alfalfa powder: "Mativa Green"

**Sunstone Coffee Roastery (R,P,N)**

361 Cameron Street  
Headingley, Manitoba R4H 1C7  
Phone: 204-837-1381  
888-273-9727  
Fax: 204-837-3281  
info@sunstonecoffee.com  
www.sunstonecoffee.com  
Contact: Lionel Wright or Cheney Wright



(B)

Roasting: 18 Single Origin Coffees; Espresso; Decaf;  
Organic; UTZ available  
24 flavoured Coffees, custom blending  
17 Organic/Fair Trade Teas; Organic Chai Tea  
Jet Liquid Fruit Smoothie Mix: Strawberry; Mango;  
Mandarin Passion Fruit; anti-oxidant APB  
Yerba Mate Concentrate  
Yerba Mate Tea  
Ghirardelli & Monin Gourmet Sauces  
Packaging from 2.5 oz. to 5 lb.  
Pacific Organic Soy  
Coffee filters



**Superior Harvest Foods Inc.\* (R,P,N)**

Box 196  
Winkler, Manitoba R6W 4A5  
Phone: 204-829-3934  
877-325-7336  
Fax: 204-829-2307  
ron@ronniesseeds.com  
www.ronniesseeds.com  
Contact: Ron Giesbrecht, President



(A)

Roasted Jumbo Sunflower Seeds:\* salted; seasoned;  
lightly salted; no salt; Dill Pickle; Nacho Cheese; Salt  
& Pepper  
Pasta: full line of Egg Noodles & Pasta; Whole Wheat  
Noodles; No-Egg Pasta

(B)

Roasted Peanuts (salted; no salt)  
Pumpkin Seeds; Pistachios  
Custom roasting & packaging  
Cotton Candy

**Swan Lake Abattoir (R)**

Box 70, 20 Lorne Avenue West  
Swan Lake, Manitoba R0G 2S0  
Phone: 204-836-2467  
Contact: Romeo or Gerrard Delaquis

MB Meat Processors  
Association Member

(A & B)

Beef & Pork processing  
Patties; sausages  
Fresh meat counter  
Custom slaughter processing  
Curing

**Sweet Alternative Desserts (R,P)**

444 Rose Avenue  
P.O. Box 474  
Grandview, Manitoba R0L 0Y0  
Phone: 204-546-3109  
Fax: 204-546-3109  
cmtanas@mts.net  
Contact: Connie Tanasichuk, Manager

(A)

No sugar added baked desserts: Christmas Fruitcake;  
Tropical Fruitcake; 400 g; or 800 g  
No sugar added puddings: Christmas Pudding;  
Tropical Fruit Pudding; 350 ml or 500 ml  
Use nutritious wholesome ingredients  
These desserts are beneficial for people on sugar-  
restricted diets

**Sweet Truth Canadian Gourmet Candy  
Co. (R,P,N)**

P. O. Box 23024  
RTO McGillivray Boulevard  
Winnipeg, Manitoba R3T 5S3  
Phone: 204-779-8551  
Fax: 204-779-8554  
www.sweettruthcandy.com  
Contact: Diane McMillan, Owner

(B)

Original Almond Butter Toffee with a ginger twist  
made with freshly ground ginger; cinnamon;  
cloves and cardamom with toasted almonds

Original Almond Butter Toffee

Dark Cuban Chocolate with cashews & butter  
almond Toffee

Swiss White Chocolate with cranberries; cashews &  
butter almond toffee

Cappuccino Chocolate with toasted pecans &  
almond butter toffee

Sweet Truth confections are all natural and handmade  
from only the highest quality of ingredients - no  
additives or preservatives; gluten free. All flavours  
come in burnished silver tins displaying original  
graphic designed labels.

Our almond butter toffee is an award winning  
traditional old fashioned candy made with pure  
Manitoba butter; sugar; almonds & pure vanilla.  
Our chocolate confections are made with pure  
premium chocolate from around the world.

## T

**Tall Grass Prairie Bread and Deli, Inc.  
(R)**

859 Westminster Avenue  
Winnipeg, Manitoba R3G 1B1  
Phone: 204-779-4082  
Fax: 204-779-4002  
tgp90@mts.net  
www.tallgrassbakery.ca  
Contact: Lyle Barkman, Owner/Manager

(A)

Bakery items: Bread; Buns; Cinnamon Buns; Muffins;  
Squares; Dessert Loaves; Cakes; Pies; Cookies

Flour; Grain

Other items: Jams; Honey; New Bothwell Cheeses;  
drinks (variety); Granola; Sandwiches

Organic Coffee

Fresh pressed Organic Sunflower Oil

Home-cooked meals (locally sourced ingredients)

**Tall Grass Prairie Bread Company at  
The Forks (R)**

120 - 1 Forks Market Road  
Winnipeg, Manitoba R3C 4L8  
Phone: 204-947-1297  
Fax: 204-943-2818  
tgpforks@mts.net  
www.tallgrassbakery.ca  
Contact: Paul Langel, Site Manager

(A)

Bakery items: Bread; Buns; Cinnamon Buns; Muffins;  
Squares; Dessert Loaves; Cakes; Pies; Cookies  
Flour; Grain  
Other items: Jams; Honey; Goat Milk; drinks (variety);  
Granola; Soup; Sandwiches  
Organic Coffee; Tea  
Fresh pressed Manitoba Organic Sunflower Oil  
Take-home meals

**Taralli - The Italian Style Pretzel (R,N)**

1205 C Manahan Avenue  
Winnipeg, Manitoba R3T 5S8  
Phone: 204-452-3093  
Fax: 204-452-3801  
taralli@mts.net  
www.tarallipretzel.com  
Contact: Marco Di Santo



(B)

Boiled & Baked Pretzel:  
3 flavours: Onion; Fennel; Salted

**Tasty Tidbits (R,P,N)**

505 - 12th Street  
Morden, Manitoba R6M 2A7  
Phone: 204-822-9618  
Fax: 204-822-9618  
sales@tastytidbits.ca  
www.tastytidbits.ca  
Contact: Shelly Filz, Owner/Operator



(B)

Dry mixes for dips; Cheese Balls; BBQ Rubs;  
Marinates; Soup; baking mixes; pasta sauces

**The Canadian Wild Rice Mercantile  
Ltd. (R,P,N,I)**

P.O. Box 700  
24 Marlow Road, Hwy 283  
The Pas, Manitoba R9A 1K7  
Phone: 866-482-9453  
Fax: 807-473-9810  
les.wildlycanadian@tbaytel.net  
www.wildlycanadian.com  
Contact: Les Tabachak, President

Wild harvested botanical products from the  
Northern Boreal Forest  
Wild Rice processing plant

(A)  
Wild Teas & Tea Blends  
Fiddle Heads; Mushrooms; Berries  
Fruit Leather  
Wild Rice - blends  
Essential Oils

**The Country Perogy Shop (R,P)**

Box 302  
Kleefeld, Manitoba R0A 0V0  
Phone: 204-377-9555  
Fax: 204-377-4001  
countryperogyshop@gmail.com  
www.countryperogy.ca  
Contact: Marshall Toews

(B)  
Mexican Perogies  
Pizza Perogies  
Cottage Cheese Perogies  
Potato-Cheddar Perogies

**The Danish Mermaid Ltd. (R,P)**

433 Broadway Avenue  
P.O. Box 1089  
Killarney, Manitoba R0K 1G0  
Phone: 204-523-8109  
Fax: 204-523-8383  
lbartley@mts.net  
www.thedanishmermaid.ca  
Contact: M. L. (Lee) Bartley



(B)  
Sweet treats for all: 40+ ice cream flavours  
Deluxe Handmade Chocolates; Fudge; Brittle or Bark -  
available in bulk; packaged; gift packages and  
baskets as well as over 25+ flavours of soft ice cream  
No sugar-added products a specialty  
No sugar-added spreads

Manitoba Maple Syrup  
Simply Natural Water  
Agent for Rigby Orchards  
Wedding & special event planning & decorating  
service  
Souvenirs; Tourist Information Centre

**The Great Gorp Project Inc. (R,P,N)**

Box 1108  
Niverville, Manitoba R0A 1E0  
Phone: 204-371-1206  
colleen@gorpbar.com  
www.gorpbar.com  
Contact: Colleen Dyck, Owner



(A & B)  
All Natural Endurance/Energy Bars  
Source of Omega 3 and 6  
8 - 10 g of protein per bar

**The Honey Shack (R,P) fi**

Box 12  
Faulkner, Manitoba R0C 0Y0  
Phone: 204-449-2296  
ltsolberg@tcmsnet.com  
Contact: Tammy or Larry Solberg

(A)  
Honey  
Beeswax Candles

**The John Russell Honey Company  
(R,P,N) fi**

128 Victoria West  
Winnipeg, Manitoba R3J 1T2  
Phone: 204-612-2337  
honeyb@mts.net  
www.honeyb.ca  
Contact: John Russell

(A)  
Nectar source honeys - creamed:  
Sunflower; Raspberry-Cane; Buckwheat; Wildflower;  
Clover; Basswood; Alfalfa

Flavoured honeys: Lemon; Chocolate; Maple;  
Raspberry; Strawberry; Saskatoon; Apple; Blueberry;  
Mango; Cinnamon; Cranberry

**The Perogy Pantry (R)**

230 North Railway Avenue  
Oak Lake, Manitoba R0M 1P0  
Phone: 204-855-2977  
dlpantry@mts.net  
Contact: David or Lorri Roulette

(A)

Perogies: Potato/Cheddar; Sauerkraut; Potato/Onion/  
Dill; Cottage Cheese; Potato/Onion  
Cabbage Rolls - heat & serve  
Meat Pies: Chicken; Turkey; Beef  
Meat Balls: Sweet BBQ - heat & serve  
Lasagne: 3 Cheese; Beef - heat & serve  
Pizza Pockets: Deluxe - heat & serve

(B)

Cinnamon Buns; Dinner Buns; Tarts; Fruit Pies;  
Cookies

**Thompson Water Factory Ltd. (R)**

3 Southwood Plaza  
Thompson, Manitoba R8W 9C7  
Phone: 204-677-2016  
Fax: 204-677-3898  
info@thompsonwaterfactory.com  
www.thompsonwaterfactory.com  
Contact: Tara Potter

(B)

18.9 L/5 gal. reverse osmosis bottled water  
500 ml vanity bottles of reverse osmosis bottled water

**Toepfer International - Alfred C.  
Toepfer (Canada) Ltd. (R,P,N,I)**

509 - 167 Lombard Avenue  
Winnipeg, Manitoba R3B 0V3  
Phone: 204-925-0468  
Fax: 204-956-0282  
toepfer1@mts.net  
www.acti.de  
Contact: Lawrence Yakielashek  
General Manager and Vice President

(A)

Dry Peas: yellow; green  
Chick Peas: Desi; Kabuli  
Canola; Flaxseed; Malt Barley; Wheat/Durum

**To-Le-Do Foodservice (R,P,N) fi**

143 Henry Avenue  
Winnipeg, Manitoba R3B 3G9  
Phone: 204-956-4177  
Fax: 204-957-1728  
marlin.vanrobaeys@toledofoodservice.ca  
www.toledofoodservice.ca  
Contact: Marlin Vanrobaeys, Plant Manager



(A & B)

Certified Angus Beef: steaks; burgers; primals; ground  
Beef: steaks; burgers; primals; ground  
Bison: burgers; steaks; ground  
Pork: chops; cutlets; roasts; ground  
Lamb: Loin Chops; diced; ground  
Veal: burgers; steaks; ground

**Totally Organic Beverages Inc. (R,P)**

Winnipeg, Manitoba  
Phone: 204-982-4720  
Fax: 204-943-8824  
tobeverages@mts.net  
www.totallyorganicbeverages.com  
Contact: Ernie McIvor or Don Snow



(B)

Organic Fruit-Based Alcoholic Beverages  
Organic Vodka

**Trainor Artesian Water Co. Ltd. (R,P,N)**

Box 90  
Victoria Beach, Manitoba R0E 2C0  
Phone: 204-697-1456  
Fax: 204-694-7005  
Contact: Chris Trainor, President and CEO

(A)

Bottlers of Natural Artesian Spring Water & R. O.  
Water 355 ml; 500 ml; 600 ml; 1 L; 1.5 L; 2 L; 3.78 L; 4  
L; 10 L; 5 U.S. gal. (18.9 L)  
Custom bottling/co-packing  
Water coolers rental and sales  
Home & office delivery

**Trickle Creek Meats (R,P)**

Box 310  
McCreary, Manitoba R0J 1B0  
Phone: 204-835-2382  
Fax: 204-835-2382  
tricklecreek@mts.net  
Contact: LesLee Muir or Darold Taylor

(A)

Certified Black Angus Beef  
Fresh or frozen  
Naturally raised  
Hormone & artificial stimulant free  
Aged 21 days  
Government inspected  
Retail or wholesale

**Triple C Beef (R,P)**

Box 54 (20 minutes south of Brandon)  
Carroll, Manitoba R0K 0K0  
Phone: 204-483-2024  
888-235-2641  
Fax: 204-483-3724  
info@triplecbeef.ca  
www.triplecbeef.ca  
Contact: John or Debbie Carlisle

(A)

Individually packaged cuts as well as 1/4's; 1/2's and  
whole carcasses are available - Beef & Pork  
Triple C Beef is certified organic by the Organic  
Producers Association of Manitoba, government  
inspected and packaged at Prairie Rose Meats,  
Souris, Manitoba, a certified organic processor

**Tundra Wild Rice Inc. (R,P,N,I)**

P.O. Box 263  
Pine Falls, Manitoba R0E 1M0  
Phone: 204-367-8651  
Fax: 204-367-8309  
tundrawildrice@mts.net  
www.tundrawildrice.ca  
Contact: Denis Pereux, President  
Ed or Elaine Thibedeau  
Sales and Marketing - 204-589-5900

(A)

Graded Canadian Lake Wild Rice  
Retail package 10/250 g; 10/500 g  
Bulk package 1 kg; 5 kg (11 lb.) pail; 22.7 kg  
(50 lb.); 36.36 kg (80 lb.)  
Custom and gift packing available  
"Certified Organic" Wild Rice available on request  
Producers, wholesale and retail sales



## U

### Uske International (R,P,N)

Box 287  
Clandeboye, Manitoba R0C 0P0  
Phone: 204-785-3868  
Fax: 204-738-2851  
sandra@uskeinternational.com  
www.uskeinternational.com  
Contact: Sandra Ross



(A)

Creative Spirit Teas: Mint; Labrador; Blue Hyssop

(B)

Polarberry Tea

## V

### Valley Meat Packers (R,P)

Box 746  
Hwy # 10 East  
Swan River, Manitoba R0L 1Z0  
Phone: 204-525-4201  
Fax: 204-525-4895  
Contact: Jurg Mueller

MB Meat Processors  
Association Member

(A)

Manitoba-raised, government-inspected Beef; Pork;  
Elk; Bison  
Cuts and processed meats

### Vestfold Ranches Ltd. (R,P,N,I) fi

Box 237  
Inwood, Manitoba R0C 1P0  
Phone: 204-278-3599  
Fax: 204-278-3605  
Contact: Pete Doerksen

(A)

Bison Meat  
Bison Smokies  
Bison Jerky  
Bison Pepperoni Sticks

### **Viterra - Carman (R,P,N,I)**

P.O. Box 488  
Carman, Manitoba R0G 0J0  
Phone: 204-745-6711  
Fax: 204-745-6608  
don.melvin@viterra.ca  
www.viterra.ca  
Contact: Francois Labelle or Don Melvin

(A)

Yellow Split Peas; Yellow Whole Peas; Green Split Peas; Green Whole Peas; Lentils; Chickpeas; Navy Beans; Pinto Beans; Black Beans; Coloured Beans

## **W**

### **W. H. Escott Company Ltd.\* (R,P,N,I)**

95 Alexander Avenue  
Winnipeg, Manitoba R3B 2Y8  
Phone: 204-942-5127  
Fax: 204-943-5320  
info@whescott.com  
www.whescott.com  
Contact: Ray Prokopchuk, President



(A)\*

Soup Mix with alphabets 12/450 g; 10 kg bulk  
Popcorn: Premium Yellow 12/450 g; 10 kg bulk  
Buckwheat whole 12/450 g; 5 & 10 kg  
Buckwheat coarse 10 kg; 50 lb.  
Yellow Split Peas 12/450 g; 5 & 10 kg bulk  
Green Split Peas 12/450 g; 5 & 10 kg bulk  
Pot Barley 12/450 g; 5 & 10 kg  
Pearl Barley 12/450 g; 5 & 10 kg  
Whole Green Peas 12/450 g; 10 kg; Bulk  
Whole Yellow Peas 12/450 g; 10 kg; bulk  
Lentils (green) 12/450 g; 10 kg; bulk  
Black Turtle Beans 12/450 g; 5 & 10 kg; bulk  
Black Eye Beans 12/450 g; 10 kg  
Chick Peas (Garbonzo) 12/450 g; 5 & 10 kg  
Baby Lima Beans 12/450 g; 10 kg  
Large Lima Beans 12/450 g; 10 kg  
Small Red Chilli Beans 12/450 g; 10 kg  
Red Kidney Beans 12/450 g; 10 kg  
Pinto Beans 12/450 g; 10 kg  
Small White Beans 12/450 g; 5 & 10 kg bulk  
Great Northern Beans 12/450 g; 10 kg  
Oats 12/1 kg; 6/2.25 kg; 50 lb.

**Waterro Corporation (R,P,N,I)**

Unit 4, 1455 Waverley Street  
Winnipeg, Manitoba R3T 0P7  
Phone: 204-477-0001  
Fax: 204-477-0219  
info@waterro.com  
www.waterro.com  
Contact: Travis Kuffner, President



(A)

E. R. O. Premium Bottled Water is available for home or office delivery in 500 ml; 600 ml; 11.9 L; and 18.9 L sizes

We also offer water cooler rentals, sales and service as well as custom in-line purification systems. Our in-house design studio supports a comprehensive custom label division providing private label services in a large variation of sizes, styles and materials

**Wendell Honey Farms (R,P,N,I)**

Box 1439  
Roblin, Manitoba R0L 1P0  
Phone: 204-564-2315  
Fax: 204-564-2568  
isy@wendell.ca  
tim@wendell.ca  
Contact: Isabel or Tim Wendell



(A)

Bulk Honey  
Retail Honey

**Weston Bakeries Ltd (R,P,N)**

P. O. Box 831  
666 Elgin Avenue  
Winnipeg, Manitoba R3E 1B2  
Phone: 204-789-2200  
204-774-7431  
Fax: 204-837-3861  
kgoodwin@westonbakeries.com  
Contact: Ken Goodwin, General Sales Manager  
Brad Robinson, Plant Manager



(B)

Commercial bakery products including:  
Wonder; Country Harvest; Deli World; D'Italiano  
Private label products for retail; institution; & food service market

### **Wheat Song Bakery (R)**

231 - 15th Street  
Morden, Manitoba R6M 1L1  
Phone: 204-822-9888  
Fax: 204-822-9888  
wheatsongbakery@mts.net  
Contact: Lynette Froese

(A & B)

Whole grain baked goods made with freshly ground  
organic grains

A variety of Wholegrain Breads; Cinnamon Buns; Dinner  
Rolls; Cookies; Granola; Muffins

We use Manitoba-grown wheat & other grains  
whenever possible

### **Wild Man Ricing (R,P,N)**

3811 Birds Hill Road  
East St. Paul, Manitoba R2E 1C2  
Phone: 204-794-7068  
Fax: 204-231-4339  
wildman1@mts.net  
Contact: Tony Atkins, Owner/Operator  
Rick Atkins, Owner/Operator

(A & B)

Organically certified Wild Rice soup mixes:  
- 32 Bean & Vegetable Soup  
- Wild Rice & Vegetable Soup  
- Wild Rice Pasta & Vegetable Soup

### **Wild Things (R,P)**

Box 16  
Mafeking, Manitoba R0L 1B0  
Phone: 204-545-2098  
sleask@xplornet.com  
Contact: Shirley Leask

(A)

Wild Berry Jam, Jelly, Syrup  
Manitoba Maple Syrup  
Manitoba Birch Syrup  
Wild Plant Tea  
Wreaths: Balsam Fir; Willow; Tamarack; Wild Flower

### **Wild West Seasonings (R,P,N,I)**

144 Seekings Street  
Headingley, Manitoba R4J 1A9  
Phone: 204-992-2104  
Fax: 204-832-9970  
info@wildwestseasonings.com  
www.wildwestseasonings.com  
Contact: Rod Schwartz, President  
Janet Schwartz, Vice President



(B)

Jerky Cure & Seasoning: Traditional; Pepper; Teriyaki;  
Hickory; Cajun; Barbecue; X-tra Hot Buffalo;  
Cracked Pepper & Garlic  
Sausage Seasonings: European Garlic; Home Style  
Farmer; Country Style Summer; Breakfast; Hot  
Italian; Mild Italian; Pepperoni; Bratwurst  
Fish Seasoning & Batters: Golden Crispy Fish;  
Freddies Famous Fish; Buddies Beer Batter;  
Fisherman's Favourite Fish Brine Mix: Salmon;  
Trout; Classic  
Meat Seasoning:  
Golden West Chicken Seasoning; Dry Garlic Rib  
Seasoning; Honey Garlic; Marinara  
Meat Marinades: Teriyaki Meat Marinade Cracked  
Pepper & Garlic; Pepper Blend; Herb & Ginger;  
Cajun; Jamaican Jerk Meat Marinade  
Caesar Pleaser; Instant Tomato Clam; Cocktail Drink mix

### **Windy Ridge Gardens (R)**

Box 296  
Roland, Manitoba R0G 1T0  
Phone: 204-343-2217  
wndyrdge@mts.net  
Contact: Anne or John Denheyer

(A)

Winter & Summer Squash; Dry Beans; Pumpkins;  
Gourmet Potatoes; Garlic; Melons; Onions; Peppers;  
Cucumber - in season

### **Winkler Meats Ltd. (R,P,N,I) fi**

P.O. Box 759  
270 George Street  
Winkler, Manitoba R6W 4A8  
Phone: 204-325-9593  
Fax: 204-325-5735  
Contact: Warren Dyck, Manager



Winnipeg Office Sales & Marketing  
Phone: 204-233-2344  
Fax: 204-325-5735  
Contact: Don Phillips or Bill Houston

(B)

Farmer's Sausage: twin & family pack  
Coarse Ham Garlic Sausage 12/500 g  
Liver Sausage 26/500 g  
Bung Bologna; Pepperoni; Salami  
Smoked Wieners 12/500 g  
Smokies 12/500 g  
Bulk Bacon # 1 regular & thick slice 5 kg  
Bulk Bacon # 2; 5 kg

Hams: Black Forest; Old Fashioned; Smoked Ham  
Roll; Cooked Ham  
Canadian Back Bacon; chunks & slices  
Hot & Spicy Sausage  
All fresh Pork cuts  
All products random weight  
Farmer's Sausage Minis 500 g  
Farmer's Sausage Slices 500 g  
Bison Smokies; Jalapeno Smokies; Wieners  
Fresh/frozen Bison cuts

### **Winnie's Winning Ways Ltd. (R,P)**

Box 59  
Morris, Manitoba R0G 1K0  
Phone: 204-746-8162  
Fax: 204-746-8162  
winnie@winnieswinningways.ca  
www.winnieswinningways.ca  
Contact: Elaine Edel, President

Soya products using whole Soybean  
Non-genetically modified

### **Winnipeg Old Country Sausage Ltd. (R,P)**

691 Dufferin Avenue  
Winnipeg, Manitoba R2W 2Z3  
Phone: 204-589-8331  
800-818-4969  
Fax: 204-586-5661  
wpgolcty@mts.net  
Contact: Ken Werner, President



(A)  
Bologna Bung: bulk or cryovac; Cello Bologna  
Wieners natural casing 8"; 6" or cryovac  
Wieners skinless 6"; 8"; 10"; 12"  
Wieners Super Dogs  
Wieners: skinless 6" cryovac  
Extra Special Garlic Sausage; bulk cryovac  
Liver Sausage natural casing; cryovac  
Bulk: Coil Garlic Sausage; Smokies; Liverwurst;  
Pepperettes; Pepperoni; Salami  
Salami Chub: bulk 300 g  
Special Ham Sausage: bulk; cryovac 300 g  
Headcheese  
Cryovac: Headcheese; Chicken Loaf; Barbeque Loaf;  
Old Style Meat Loaf; Holiday Ham; Boneless Ham;  
Cooked Ham; Gourmet Corned Beef; Farmer  
Sausage  
Picnic Pork Shoulder Smoked  
Picnic Pork Shoulder Smoked; cryovac  
Ready to serve Ham  
Number 1 side Bacon; Rind less side Bacon

Sliced Bacon: 1 lb. cryovac; bulk  
Bacon ends; frozen  
Bacon mini slab; cryovac  
Bacon bulk flats  
Garlic Sausage Ring; cryovac  
Beef and Pork Pattie Meat - roll  
Lean Ground Beef 2 & 5 lb. roll  
Regular Ground Beef - roll  
Breakfast Sausages 400 g; 6 lb.  
Side Ribs; 2" Strip  
Pork Chops; centre and rib only  
Boned and Rolled Pork Butts  
85% lean boneless Beef  
Roasts: Beef Inside Round; Beef Outside  
    Round; Beef Shoulder; Beef Rib Eye  
    Graded; Beef Sirloin Tip; Beef Chuck Roll  
Beef regular roll; utility  
5 lb. mild; medium; mozzarella cheeses  
2.6 & 4 oz. Seasoned Beef Patties  
Blood & Tongue  
Fleishwurst; Bratwurst  
Spiced Ham  
Chicken products

**World of Water International Ltd  
(R,P,N)**

326 Keewatin Street  
Winnipeg, Manitoba R2X 2R9  
Phone: 204-774-7770  
Fax: 204-772-5051  
jsdavidson@worldofwater.ca  
www.worldofwater.ca  
Contact: Jarrett Davidson, President

(B)  
Dewdrop - the purest water possible

**www.manitobabeef.com (R) fi**

Box 70  
Sundown, Manitoba R0A 2C0  
Phone: 204-444-2514  
Fax: 204-444-2514  
info@manitobabeef.com  
www.manitobabeef.com  
Contact: Randy Tkachyk, President  
    Jim Lintott, Secretary/Treasurer



(A)  
Natural & grass fed Beef: ground; steaks; roasts;  
    Smokies; Farmer's Sausage; Saskatoon Breakfast  
    Sausage; Jerky  
Free range whole roasting Chicken  
Pork

**Wyvill Farms (Seed) (R,P,N,I)**

Box 276  
Clandeboye, Manitoba R0C 0P0  
Phone: 204-738-2900  
Fax: 204-738-4799  
Contact: Richard or Nathan Holmes

(A)  
Human consumption grades of Flax  
Cold Pressed Flax Oil  
Cold Pressed Canola Oil  
Cold Pressed Sunflower Oil  
Flax Meal

**Y**

**Yummease Gourmet Dinner Service  
(R,P)**

Winnipeg, Manitoba  
Phone: 204-801-7686  
Fax: 204-254-3837  
order@yummease.com  
www.yummease.com  
Contact: Arlen or Tammy Kasdorf

On-line dinner service only

(A)  
Fresh Salads (organic & vegan options available)  
Freshly Frozen, Ready-to-Eat Dinners, Sides &  
Desserts (using naturally-raised meats and locally  
sourced ingredients, organic & vegetarian options  
available)  
Gourmet Gift Packs for new moms, housewarming, etc.  
Local & Natural Baby & Toddler meals



## Brokers and Distributors

### **Binner Marketing & Sales Inc. (R,P)**

870 Bradford Street  
Winnipeg, Manitoba R3H 0N5  
Phone: 204-783-3177  
800-665-0160  
Fax: 204-783-6363  
800-319-3331  
murrayb@binnermarketing.com  
www.binnermarketing.com  
Contact: Murray Binner

Binner Marketing and Sales has been in business since 1985, covering both the retail and food service markets. Our sales territory includes North-western Ontario; Manitoba; Saskatchewan; Alberta and British Columbia

### **Bond Foods Ltd. (R,P,N)**

1429 Mountain Avenue Unit A  
Winnipeg, Manitoba R2X 2Y9  
Phone: 204-697-4040  
Fax: 204-697-3494  
gnowlin@bondfoods.mb.ca  
www.bondfoods.mb.ca  
Contact: Glen Nowlin, President

#### **Commodities:**

Bond Select Marshmallows  
Fruit Snacks & Fruit Roll Ups  
Rain-Blo Bubble Gum  
Caramels  
Specialty candy for all seasons: Easter; Christmas;  
Halloween; Valentine's Day; etc.

### **Bridge Brand Food Services Ltd.\* (R,P,N)**

310 Sterling Lyon Parkway  
Winnipeg, Manitoba R3P 0T3  
Phone: 204-224-0134  
Fax: 204-222-0935  
info@bridgebrand.ca  
www.gfscanada.com  
Contact: Dale Moldenhauer, General Manager

#### **Commodities:**

Dry groceries; fresh produce; and dairy  
Frozen foods; meat; seafood; poultry  
Full line of beverages & beverage dispensing  
equipment  
Paper goods; small wares; and restaurant equipment

### **Cambrian Food Group (R,P,N,I)**

7 - 915 McLeod Avenue  
Winnipeg, Manitoba R2G 0Y4  
Phone: 204-667-3434  
Fax: 204-667-3937  
rudi.wiebe@cambrianenterprises.com  
www.cambrianfoodgroup.com  
Contact: Rudy Wiebe

#### **Commodities:**

Original Cakery (Vancouver)  
English Bay (Vancouver)  
PCL  
Snowcrest  
Dare Foods

### **Canada Bread Company Limited (R,P,N)**

820 Berry Street, Suite A  
Winnipeg, Manitoba R3H 1H2  
Phone: 204-786-7611  
800-665-4849  
Fax: 204-783-8074  
fero@canadabread.ca  
www.canadabread.ca  
Contact: Shawn Fero, Regional Sales Manager  
Manitoba

#### **Commodities:**

Breads: White; Brown; Cracked Wheat; Sandwich  
Breads; Dempster Hearty Grains Bread; Raisin; Rye  
Bread varieties  
Rolls: Hamburger; Hot Dog Rolls; Dinner Rolls; Crusty  
Rolls; Submarine Rolls  
Muffins & complete line of English Muffins  
Brown & serve Bread Sticks  
Bagels: Dempster deluxe complete line - sliced  
Dempster Flat Breads

### **Crescent Multi Foods (R,P,N) fi**

2049 Dugald Road  
Winnipeg, Manitoba R2J 0H3  
Phone: 204-943-7461  
800-460-4949  
Fax: 204-942-4075  
nsheppard@northwest.ca  
www.northwest.ca  
Contact: Neil Sheppard, Operations Manager

#### **Commodities:**

Perishable wholesaler  
Full assortment produce wholesaler  
Fresh and frozen federally inspected meat and  
poultry

**Federated Co-operatives Limited  
(R,P)**

1615 King Edward Street  
Winnipeg, Manitoba R3C 2W6  
Phone: 204-631-4601  
Fax: 204-631-4647  
inquiries@fcl.ca  
www.fcl.ca  
Contact: Dale McLeod, Regional Food Manager

**Commodities:**

Dry groceries  
Tobacco  
Health & beauty aids  
Integrated non-foods

**Garden Grove Distribution (1998) Ltd.  
(R,P,N)**

440 Jarvis Avenue  
Winnipeg, Manitoba R2W 3A6  
Phone: 204-777-6484  
800-661-7763  
Fax: 204-777-1071  
glen@gardengrove.ca  
www.gardengrove.ca  
Contact: Mike Gorun or Glen Behl

Wholesale produce company

**International Pacific Sales Ltd. (R,P,N)**

101-1015 Wilkes Avenue  
Winnipeg, Manitoba R3P 2R8  
Phone: 204-488-3600  
Fax: 204-488-7410  
ipswpg@mts.net  
www.internationalpacificsales.com  
Contact: Susan Slegers

**Head Office:**

22111 Fraserwood Way  
Richmond, British Columbia, V6W 1J5  
Phone: 604-273-7035  
800-525-5155  
Fax: 604-273-6720  
800-321-7733  
charmainei@intlpac.com  
www.internationalpacificsales.com  
Contact: Charmaine Ishmail, Executive Assistant

We are a complete Food Service Broker, with offices  
all over Western Canada

**Macdonalds Consolidated -  
Wholesale Division of Canada  
Safeway Ltd. (R,P)**

1000 King Edward Street  
Winnipeg, Manitoba R3H 0R2  
Phone: 403-730-3687  
800-933-7515  
Fax: 204-631-4472  
david.kowbel@safeway.com  
www.macdonaldsconsolidated.com  
Contact: David Kowbel, Regional Sales Manager for  
Saskatchewan, Manitoba and Ontario  
Fax: 1-403-730-3919

Full service, single source supplier to independent  
retailers

**Mondo Foods Company Ltd.\* (R,P,N)**

40 Otter Street  
Winnipeg, Manitoba R3T 4J7  
Phone: 204-453-7722  
Fax: 204-453-3256  
tom@mondofoods.com  
www.mondofoods.com  
Contact: Maria De Nardi, CEO  
Tom De Nardi, Director, Sales & Marketing

**Commodities:**

Parmalat - St. Claude, Manitoba - Butter\*  
Parmalat Foods - Winnipeg - Cheese; Cheddar  
Bothwell Cooperative Dairy Society  
New Bothwell, Manitoba Cheddar Cheese  
Bunge - Winnipeg - Canola Oil\*  
Loveday Mushrooms Farms (Manitoba); K.G.  
Mushroom Farms (Manitoba)  
Prairie Dawn Flour - Manitoba - Flour\*  
Also purchase fresh Pork & Lamb, Manitoba-grown  
from various suppliers to produce sausage at our  
retail stores - La Grotta Del Formaggio and our 2nd  
store, La Grotta Mediterranean Market.  
Peak of the Market produce  
Winnipeg Old Country Sausage; fresh meat  
Garden Grove produce  
Rigby Orchard Wine Preserves  
Maple Syrup of Manitoba (McCreary)  
Lakeland Wild Rice

**NP Foods Ltd. (R,P,N)**

44 Higgins Avenue  
Winnipeg, Manitoba R3B 0A5  
Phone: 204-982-4700  
Fax: 204-943-8624  
npfoods@mts.net  
Contact: Ernie McIvor  
Peter Yourchenko

**Commodities:**  
Specialty Breads  
Pastry  
Sweet Goods  
Specialty Fine Foods  
New Age Beverages  
Confection

**Peak of the Market (R,P,N,I)**

1200 King Edward Street  
Winnipeg, Manitoba R3H 0R5  
Phone: 204-632-7325  
Fax: 204-774-7325  
Peak@PeakMarket.com  
www.PeakMarket.com



Contact: Larry McIntosh, President and CEO  
Larry@PeakMarket.com  
Dave Whitmore, Vice President, Sales  
Dave@PeakMarket.com

**Commodities:**  
Potatoes; Carrots; Onions & various Summer  
Vegetable crops  
Organic Red Potatoes & Onions

**Pennicker's Food Distributors\* (R,P)**

5 Charles Street  
Winnipeg, Manitoba R2W 3Z9  
Phone: 204-586-4711  
Fax: 204-586-9696  
Contact: Jamie Graham

**Commodities:**  
Bunge shortenings; lard; canola oil; margarines  
Prairie Flour Mills strong bakers flour\*; all purpose;  
Pizza & Perogy Flour; Whole Wheat  
Shell Eggs: extra large; large; medium; etc.  
Processed Eggs\*:  
Liquid whole egg; frozen whole egg; scramble egg  
blend; hard cooked eggs; Albumen (egg white)  
Full line of spices and extracts  
ADM Mills' Golden Link Flour\*  
Can-Oats products\*  
Dry groceries; frozen foods; meat; poultry; cheese;  
frozen vegetables; portion jams; coffee; paper goods  
Portion-cut meat products

**Pratts Wholesale Ltd. (R,P)**

101 Hutchings Street  
Winnipeg, Manitoba R2X 2V4  
Phone: 204-949-2800  
Fax: 204-949-2828  
katie.wowryk@mts.net  
www.pratts.ca/winnipeg/winnipeg.html  
Contact: E. Katie Wowryk, Contract Administrator

**Commodities:**

Grocery; meat; & produce

Confectionery

Health and beauty aids

Janitorial; paper products

Food service

Tobacco

We carry all major name brands, as well as our own private label products

**Preferred Meats Inc. (R,P,N)**

505 Dawson Road

Winnipeg, Manitoba R2J 0T2

Phone: 204-233-2344

Fax: 204-235-1685

Contact: Don Phillips, President  
Bill Houston

**Commodities:**

All fresh Beef carcasses & cuts

All fresh boneless Beef products

All block ready Beef cuts

All fresh & frozen Bison cuts

All fresh Pork cuts

Distributors of all Cargill Beef; Maple Leaf Fresh Pork;  
Granny's Poultry; Winkler Meat Products; Sunterra  
Veal & Lamb; XL Beef

**Sobeys West**

1800 Inkster Boulevard

P. O. Box 9600

Winnipeg, Manitoba R3C 3J6

Phone: 204-632-7100

Fax: 204-694-5139

greg\_wasilewski@sobeys.com

www.sobeys.com

Contact: Greg Wasilewski, Administration  
Operations

**Commodities:**

Bakery; dry groceries; fresh produce; frozen foods;  
meat; health & beauty aids

**SYSCO Food Services of Winnipeg  
(R,P)**

1570 Clarence Avenue

Winnipeg, Manitoba R3T 1T6

Phone: 204-478-4000

Fax: 204-453-5409

www.sysco.ca

Contact: John Gilchrist, Director of Sales

**Commodities:**

Dairy; produce; meat; seafood; poultry; frozen;  
grocery; paper; chemical/janitorial

**To-Le-Do Foodservice (R,P,N) fi**

2430 McGillivray Boulevard  
Winnipeg, Manitoba R3Y 1G5  
Phone: 204-487-3340  
Fax: 204-487-3702



www.toledofoodservice.ca  
Contact: Marlin Vanrobaeys, Plant Manager  
Jeff Beaucage, Sales Manager

**Commodities:**

Certified Angus Beef - steaks; burgers; primals;  
ground  
Beef - steaks; burgers; primals; ground  
Bison - burgers; steaks; ground  
Chicken- fresh; frozen; processed  
Lamb - chops; diced; ground  
Pork - chops; cutlets; roasts; ground  
Veal - cutlets; diced; ground  
Turkey  
Sausages & wieners  
Smoked & cured - bacon; ham; processed meats  
Fish & seafood  
Sauces & dressings - dry soup & bases  
Cheese  
Oil; butter; margarine  
Juice & beverages  
Cakes

**Vantage Foods (MB) Inc. (R,P,N) fi**

41 Paquin Road  
Winnipeg, Manitoba R2J 3V9  
Phone: 204-667-9903  
Fax: 204-667-5605  
roselyne.rheault@vantagefoods.net  
www.vantagefoods.net  
Contact: Roselyne Rheault



**Commodities:**

Meat packers  
Provide case ready meat products

**Western Grocers - Division of Westfair  
Foods Ltd. (R,P,N)**

101 Weston Street  
Winnipeg, Manitoba R3E 2T4  
Phone: 204-786-5115  
Fax: 204-786-5189  
Contact: Randy Owen, General Manager

**Commodities:**

Groceries; fresh meat; fresh produce; frozen foods;  
health & beauty aids; tobacco



**Whitecap Frozen Foods (R,P,N)**

144 Plymouth Street

Winnipeg, Manitoba R2X 2Z1

Phone: 204-586-9615

Fax: 204-589-8448

sales@whitecapfoods.com

www.whitecapfoods.com

Contact: Paul Lavallee, General Manager

**Commodities:**

Cheese; edible oils; processed meat; poultry; potato products; pickles; frozen soups; egg products; butter; fish; seafood; Maple Syrup; frozen soups; soup bases; frozen foods; dry pasta

Paper goods; kitchen small wares; restaurant equipment



## **Manitoba Agri-Food Boards and Associations**

### **Canada Wild Rice Council (R,P,N,I)**

700 Wellington Crescent  
Winnipeg, Manitoba R3M 0C2  
Phone: 204-475-3136  
Contact: David Punter, Treasurer  
Ken Auckland, President

Market referral list as endorsed by the Canada Wild  
Rice Council provided on request.

### **Canadian Oilseed Processors Association**

2150 - 360 Main Street  
Winnipeg, Manitoba R3C 3Z3  
Phone: 204-956-9500  
Fax: 204-956-9506  
copa@mts.net  
www.copaonline.net/contactus.asp  
Contact: Robert Broeska, President

### **Canadian Wheat Board (R,P,N,I)**

423 Main Street  
P. O. Box 816 Station Main  
Winnipeg, Manitoba R3C 2P5  
Phone: 204-983-3421  
Fax: 204-983-4678  
questions@cwbc.ca  
www.cwbc.ca  
Contact: Avis Gray, Director  
avis\_gray@cwbc.ca  
Barbara Altomare, Marketing Assistant  
barbara\_altomare@cwbc.ca

Marketing Corporation for wheat and barley grown  
in Western Canada

### **Dairy Farmers of Manitoba (R,P,N,I)**

P. O. Box 724  
36 Scurfield Boulevard  
Winnipeg, Manitoba R3C 2K3  
Phone: 204-488-6455  
800-567-1671  
Fax: 204-488-4772  
general@milk.mb.ca  
www.milk.mb.ca  
Contact: Brent Achtemichuk, General Manager

**Farmers' Market Association of  
Manitoba Co-op Inc. (R,P)**

617 Tupper Street North  
Portage la Prairie, Manitoba R1N 1X9  
info@manitobafarmersmarkets.ca  
www.manitobafarmersmarkets.ca  
Contact: Sheri Blaylock

**Flax Council of Canada**

465 - 167 Lombard Avenue  
Winnipeg, Manitoba R3B 0T6  
Phone: 204-982-2115  
Fax: 204-982-2128  
flax@flaxcouncil.ca  
www.flaxcouncil.ca  
Contact: Barry Hall, President

**Manitoba Beekeepers Association  
(R,P,N,I)**

Box 234  
Stonewall, Manitoba R0C 2Z0  
Phone: 204-467-5246  
Fax: 204-467-5246  
jaycam@mts.net  
www.manitobabee.org  
Contact: Todd Yakimishen, President  
Jim Campbell, Secretary

Established 1903

**Manitoba Bison Association**

Box 554  
Stonewall, Manitoba R0C 2Z0  
Phone: 204-792-8312  
Fax: 204-895-1970  
www.manitobabison.com  
Contact: Leo Epp, President

We serve Manitoba producers by:

- promoting Bison
- hosting seminars & events
- encouraging industry growth & development

**Manitoba Canola Growers Association**

400 - 167 Lombard Avenue  
Winnipeg, Manitoba R3B 0T6  
Phone: 204-982-2120  
Fax: 204-942-1841  
rossb@mcgacanola.org  
www.mcgacanola.org  
Contact: Bill Ross, Executive Manager  
Ellen Pruden, Education & Promotion  
Co-ordinator

**Manitoba Cattle Producers  
Association (R,P)**

222 - 530 Century Street  
Winnipeg, Manitoba R3H 0Y4  
Phone: 204-772-4542  
Fax: 204-774-3264  
mcpa@mts.net  
www.mcpa.net  
Contact: Shelia Mowat, General Manager  
Martin Unrau, President

**Manitoba Chicken Producers (R,P)**

1357 Kenaston Boulevard  
Winnipeg, Manitoba R3P 2P2  
Phone: 204-489-4603  
Fax: 204-488-1163  
chicken@chicken.mb.ca  
www.chicken.mb.ca  
Contact: Wayne Hiltz, General Manager  
Karen Armstrong, Assistant Manager

**Manitoba Egg Producers (R,P,N)**

18 - 5 Scurfield Boulevard  
(Waverley Square)  
Winnipeg, Manitoba R3Y 1G3  
Phone: 204-488-4888  
Fax: 204-488-3544  
www.eggs.mb.ca  
Contact: Penny Kelly, General Manager  
Kurt Siemens, Chairman

**Manitoba Farm Products Marketing  
Council (R,P)**

812 - 401 York Avenue  
Winnipeg, Manitoba R3C 0P8  
Phone: 204-945-4495  
Fax: 204-948-2844  
debora.durnin-richards@gov.mb.ca  
www.manitoba.ca/agriculture  
Contact: Debora Durnin-Richards, Acting Director  
Boards, Commissions & Legislation

**Manitoba Food Processors  
Association Inc. (R,P,N,I)**

Unit 12 - 59 Scurfield Boulevard  
Winnipeg, Manitoba R3Y 1V2  
Phone: 204-982-6372  
Fax: 204-632-5143  
mfpa@mfpa.mb.ca  
www.mfpa.mb.ca  
Contact: Dave Shambrock, Executive Director



**Manitoba Meat Processors  
Association (R,P)**

MB Meat Processors  
Association Member

Box 105  
Portage la Prairie, Manitoba R1N 3B2  
Phone: 204-857-7120  
Fax: 204-857-7100  
prairieabattoir@mts.net  
Contact: Lee Perreault, President

**Manitoba Pork Council**

28 Terracon Place  
Winnipeg, Manitoba R2J 4G7  
Phone: 204-237-7447  
888-893-7447  
Fax: 204-237-9831  
adickson@manitobapork.com  
www.manitobapork.com  
Contact: Andrew Dickson, General Manager

**Manitoba Pulse Growers Association  
Inc. (R,P,N,I)**

38 - 4th Avenue NE  
P. O. Box 1760  
Carman, Manitoba R0G 0J0  
Phone: 204-745-6488  
Fax: 204-745-6213  
mpga@cici.mb.ca  
www.manitobapulse.ca  
Contact: Chris Sumner, Executive Director

**Manitoba Restaurant & Foodservices  
Association Inc. (R,P)**

103 - D Scurfield Boulevard  
Winnipeg, Manitoba R3Y 1M6  
Phone: 204-783-9955  
877-296-2909  
Fax: 204-783-9909  
scottj@mrfa.mb.ca  
www.mrfa.mb.ca  
Contact: Scott Jocelyn, Executive Director

**Manitoba Sheep Association Inc.**

Box 289  
Richer, Manitoba R0E 1S0  
Phone: 204-422-8288  
866-747-3203  
info@mbsheep.ca  
www.mbsheep.ca  
Contact: Eugene Jabot, Chair

**Manitoba Turkey Producers (R,P,N,I)**

895 B Century Street  
Winnipeg, Manitoba R3H 0M3  
Phone: 204-489-4635  
Fax: 204-489-4907  
mbturkey@turkey.mb.ca  
www.turkey.mb.ca  
Contact: Sheila Perry, General Manager

**Organic Producers Association of  
Manitoba (OPAM) (R,P,N,I)**

Box 940  
227 Wellington Street West  
Virden, Manitoba R0M 2C0  
Phone: 204-748-1315  
Fax: 204-748-6881  
info@opam.mb.ca  
www.opam.mb.ca  
Contact: Trevor Tuttosi, General Manager

**Prairie Fruit Growers Association  
(R,P,N)**

Box 2430  
Altona, Manitoba R0G 0B0  
Phone: 204-324-5058  
Fax: 204-324-5058  
pfga@xplornet.com  
www.pfga.com  
Contact: Waldo Thiessen, Secretary-Treasurer

**Vegetable Growers' Association of  
Manitoba (R,P,N,I)**

Box 160  
Portage la Prairie, Manitoba R1N 3B2  
Phone: 204-857-4581  
Fax: 204-239-0260  
vgam@escape.ca  
Contact: Todd Giffin, President









**For additional copies or more information:**

Food Commercialization & Marketing Knowledge Centre  
Manitoba Agriculture, Food and Rural Initiatives  
Box 1240, 810 Phillips Street  
Portage la Prairie, Manitoba R1N 3J9  
Phone: 204-239-3362

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