

THE UNFLYER

IT'S LIKE A FLYER,
BUT IT'S NOT!

www.OrganicGarage.com

WELCOME TO THE UNFLYER!

YOU WON'T FIND ANY CORPORATE BS, FANCY MARKETING TERMS OR GLOSSY PICTURES HERE! WHAT YOU WILL FIND IS A BUNCH OF AMAZING, CURATED DEALS AND CONTENT THAT MAKE SHOPPING HEALTHIER FOR LESS A LITTLE MORE FUN!!

Organic
GARAGE
Healthier food for less!



WHAT'S INSIDE...

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specials effective...
April 11 - April 28





**BARBARA'S
PUFFINS CEREALS**

Crunchy pillows of corn and oat, nutritiously delicious you can eat it as a snack.

Selected 283-285g

\$3⁹⁷
each



**OLYMPIC
YOGURT**

A creamy and rich tasting yogurt made with milk from cows raised without the use of antibiotics.

Selected 650g



\$3⁴⁷
each

100% CERTIFIED ORGANIC PRODUCE



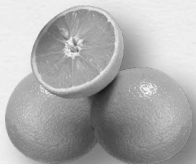
WHY WOULD
← WE SELL
ANYTHING ELSE?

SELLING ONLY 100% CERTIFIED ORGANIC PRODUCE IN COMPARISON TO CONVENTIONAL PRODUCE (WITH ALL ITS CHEMICAL JUNK) IS HARD WORK!! IT NEEDS TO BE HANDLED DIFFERENTLY, STORED DIFFERENTLY, DISPLAYED DIFFERENTLY... BOTTOM LINE IS... IT NEEDS OUR TENDER LOVING CARE. LIKE MY ZAIDE USED TO SAY THOUGH "NOTHING WORTHWHILE EVER COMES EASILY". WE DON'T JUST SELL ANY PRODUCE... WE SELL ONLY 100% CERTIFIED ORGANIC PRODUCE. (WE LIVE IT, WE BREATHE IT AND WE BELIEVE IN IT!!) - Matt Lucie



*Zaide... my inspiration.
Ontario food terminal
1976*

**PRODUCT OF MEXICO
VALENCIA ORANGES**



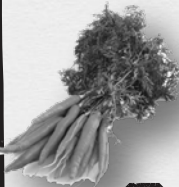
Known as the "summer orange", Valencia oranges are great for juicing!

Selected

\$1⁹⁷/lb
or \$4.34/kg



**PRODUCT OF USA
BUNCH CARROTS**



Carrots are loaded with antioxidants, phytonutrients, and are an excellent source of vitamin A.

Selected

2/\$3⁰⁰
or \$1.50 each



**PRODUCT OF PERU
GINGER**



An aromatic spice with medicinal properties that will add flavour and zest to any dish.

Selected

\$3⁹⁷/lb
or \$8.75/kg



IT'S ALL GOOD!!!



Nothin'
un-original
about it...
try some
and see.

KITCHEN ORIGINALS®

Eat like a chef for less!



**KITCHEN ORIGINALS
MAPLE SYRUP**

Our Grade A Amber syrup provides a rich taste that'll make your morning pancakes and baking recipes taste great.

Selected 375ml

CERTIFIED ORGANIC **\$7.97** each



**KITCHEN ORIGINALS
DISH SOAP**

Free of dyes and made with plant-based surfactants, this natural dish soap will leave your dishes sparkling.

Selected 225g

BUY MORE SAVE MORE **2/\$7.00**
or \$3.97 each

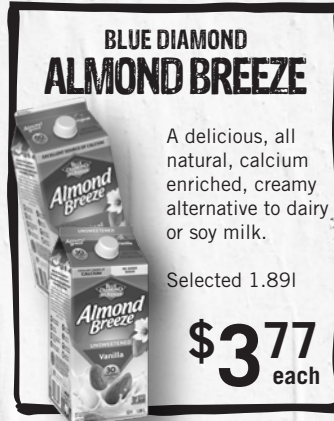
Check out these originals!!



HERE'S TO THE ORIGINALS, the ones who think differently, act differently and use their hard-earned money to buy differently. The ones who thought chickpeas aren't just something you throw in a salad but something you grind into flour and bake with! The ones who said rice isn't just a side dish but a protein powder, pasta, chip, and cracker all rolled into one. Being an original is not about your income or status, it's not about your education level or fancy possessions. It's about people who challenge convention. The ones who when asked "Why?" simply reply with "why not!" The kitchen is a true equalizer, a place where anyone can become a creative genius no matter income level or experience.

THAT'S WHY WE BELIEVE IN ORIGINALS... KITCHEN ORIGINALS®

Matt's Mom's RECIPES



BLUE DIAMOND ALMOND BREEZE

A delicious, all natural, calcium enriched, creamy alternative to dairy or soy milk.

Selected 1.89l

\$3.77 each

Featured Recipe Product

"KEEP CALM AND COOK ON" WITH THIS FEATURED RECIPE PRODUCT.



MOM'S KNOW BEST, ESPECIALLY WHEN IT COMES TO MAKING GREAT MEALS! THEY DO HAVE SOME SERIOUSLY GOOD RECIPES - THE ONES THEY'VE BEEN MAKING SINCE YOU WERE A KID! MY MOM'S NO DIFFERENT, SHE MAKES

AWESOME STUFF!

SO I THOUGHT, WOULDN'T IT BE COOL TO DEDICATE A SPACE IN OUR UNFLYER SO SHE COULD SHARE SOME OF HER FANTASTIC RECIPES!



CREAMY GARLICKY PASTA SAUCE

← mmm... One of my favourites *

1/2 TBSP EXTRA VIRGIN OLIVE OIL

1 CUP PLAIN ALMOND MILK

4 CLOVES GARLIC, MINCED

1 CUP LOW SODIUM BROTH

1 SHALLOT, FINELY CHOPPED

1 TSP SALT

Add lots if you like it garlicky

BLACK PEPPER, OREGANO, RED PEPPER FLAKES OR BASIL, TO TASTE.

HEAT THE OLIVE OIL IN A LARGE SKILLET OVER MEDIUM HEAT. ADD THE GARLIC AND SHALLOT TO THE PAN ALONG WITH A SPRINKLE OF SALT, AND STIR. COOK FOR ABOUT 2 MINUTES, STIRRING OCCASIONALLY, OR UNTIL THE GARLIC IS SOFTENED AND THE SHALLOT IS TURNING TRANSLUCENT; AVOID BROWNING. ADD THE VEGETABLE BROTH, NONDAIRY MILK, AND SALT, AND STIR. BRING TO A BOIL, THEN REDUCE TO A SIMMER. STIR OCCASIONALLY. COOK UNTIL THE SAUCE HAS THICKENED. SERVE OVER PASTA WITH FRESH HERBS AND OTHER TOPPINGS IF DESIRED.



MAISON ORPHEE EXTRA VIRGIN OLIVE OIL

Light, flavourful cold-pressed oils that blend excellence and nutritional quality. Rich in Omega 3 & 6 fatty.

Selected 750ml



\$14.97 each



FELICETTI DURUM WHEAT PASTA

Italian pasta makers since 1908. Exceptional quality, made with 'old world' methods.

Selected 150g



4/\$7.00

or \$1.97 each

Recipe for success: Give everything you got... repeat daily!

THE BUTCHER BLOCK



FROZEN WHITE FISH

Sustainably caught in the cold waters surrounding Manitoulin Island and quickly frozen to ensure the freshest taste. Selected

\$18⁹⁷/lb
or \$15.37/kg



WHAT MAKES OUR ARTISAN MEAT SO GREAT? WELL, FOR STARTERS **(WE DO RESEARCH, LOTS OF IT. WE ASK QUESTIONS, DIFFICULT QUESTIONS THAT OTHER GROCERS JUST DON'T ASK. WHAT DOES THIS MEAN TO YOU? IT MEANS YOU ARE GETTING THE BEST MEAT WE COULD FIND!!!)**



YORKSHIRE VALLEY FARMS CHICKEN POT PIE

Home-style organic chicken pot pie made with vegetables and a lightly seasoned cream sauce.

Selected 700g

\$13⁹⁷
each



**HORMONE FREE
ANTIBIOTIC FREE, GRASS FED
OR CERTIFIED ORGANIC ARE JUST
A FEW OF THE THINGS WE LOOK FOR -
IT'S WHAT MAKES OUR
MEAT ANYTHING BUT
CONVENTIONAL!**

ARTISAN NATURALLY RAISED LOCAL ANTIBIOTIC FREE GRASS FED CERTIFIED ORGANIC ARTISAN NATURALLY RAISED LOCAL ANTIBIOTIC FREE



CASBAH QUINOA

The perfect alternative to rice and other grains. Gluten Free and easy to digest!

Selected 220g



\$4⁹⁷
each



REAL SALT FINE SALT

Real, authentic salt extracted from an ancient deposit beneath Redmond, Utah. Unrefined and full of flavour, exactly as nature made it.

Selected 737g



BUY ONE GET ONE FREE

Here's some other really good stuff

BE THE CHANGE



... SMALL CHANGES MAKE A WORLD OF DIFFERENCE.

CHECK OUT ALL THE DOWN TO EARTH SAVINGS ON THESE EARTH FRIENDLY BRANDS WE CARRY IN THE STORE!

NATURE'S PATH GRANOLA



Deliciously crunchy oat clusters, made with whole ingredients in eco-friendly recyclable packaging

Selected 750g

\$8⁹⁷ each

LOOP RAW JUICES



Perfectly imperfect fruits and veggies blended to make these delicious juices.

Selected 1L

2/\$8⁰⁰
or \$4.47 each

IF YOU CARE HOUSEHOLD PRODUCTS



High quality, kitchen and baking products crafted to have the least environmental impact.

Selected

25% OFF

DR BRONNER'S SOAP



Biodegradable and vegetable-based. Use for just about any cleaning task from hair and skin to floors and laundry.

Selected 944ml

\$14⁹⁷ each

NATURE CLEAN DISHWASHER PRODUCTS



High performing, biodegradable dishwasher products without the use of chlorine, perfumes, or dyes.

Selected 60ct-1.89l

Save \$1⁰⁰ each

ECOS LAUNDRY LIQUID



Effective laundry products made from environmentally-responsible and replenishable resources.

Selected 2.95L

\$17⁹⁷ each

WAYS TO SAVE AT OG

HERE'S SOME MORE WAYS WE ARE HELPING YOU SAVE THOSE HARD EARNED \$\$

IN-STORE-SPECIAL

A NON-ADVERTISED LIMITED TIME OFFER.

SHORT DATED

A REDUCED PRICE ON PRODUCTS CLOSE TO THEIR BEST BEFORE DATE.

MANUFACTURER'S CLEARANCE

A REDUCED PRICE ON PRODUCTS BEING CLEARED FROM A MANUFACTURER'S INVENTORY.

You asked for it... so we're giving it to ya...

WHAT THE %#\$* is?

BPAs (bi-sfuh-naal-uh)

BPA stands for bisphenol A. BPA is an industrial chemical found in polycarbonate plastics and epoxy resins. Polycarbonate plastics are often used in containers that store food and beverages, such as water bottles. Epoxy resins are used to coat the inside of metal products, such as food cans and bottle tops. Some research has shown that BPA can seep into food or beverages. Exposure to BPA is a concern because of possible health issues. If you're concerned about BPA, you can take steps to reduce your exposure. Look for products labeled as BPA-free. Use glass, porcelain or stainless steel containers for hot foods and liquids instead of plastic containers.

↑ good stuff!!! ↑



Now you know....

FLOW WATER

Alkaline spring water with naturally occurring essential minerals and electrolyters in a variety of refreshing flavours.

Selected 500ml

4/\$5⁰⁰
or \$1.47 each

BUY MORE SAVE MORE

LUNDBERG RICE CHIPS

Crunchy, whole grain chips in delicious flavours. Eat them right out of the bag or with your favourite dip! Non GMO.

Selected 170g

\$3⁴⁷ each

CERTIFIED ORGANIC

The Good, The Bad & The Ugly

At other grocery stores, consumers are bombarded with unhealthy choices that have unhealthy consequences.

Not at Organic Garage! We offer healthier alternatives with healthier ingredients. Bottom line is we

read labels so you don't have to.

Check out our website for a full list of approved and non-approved ingredients: www.organicgarage.com/dump-it-list



WHAT'S THE → STORY ←

Aspen
CLEAN®

FOUNDED IN 2004 IN VANCOUVER, ASPENCLEAN IS A NATURAL AND ECO-FRIENDLY LINE OF CLEANING PRODUCTS (AND CLEANING SERVICES) WITH A MISSION TO KEEP FAMILIES SAFE FROM HARMFUL CHEMICALS WHILE STILL PROVIDING AN EFFECTIVE CLEANING SOLUTION. ASPENCLEAN PRODUCTS ARE FORMULATED USING ONLY THE FINEST COSMETIC GRADE INGREDIENTS DERIVED FROM PLANTS AND MINERALS, TO ENSURE HEALTHY CLEANING AND MINIMAL ENVIRONMENTAL IMPACT. ASPENCLEAN IS PROUD TO OFFER THE FIRST CLEANING PRODUCTS TO BE EWG VERIFIED™, AND ALL OF THEM ARE A-RATED BY THE EWG GUIDE TO HEALTHY CLEANING.



**ECO-PIONEER
PURE CLEANING**

Washing products that are 100% pure and non-hazardous to the environment.

Selected 1.25-2kg

Save \$2⁰⁰ each

*"NOTHING LIKE A GOOD QUOTE."
INSPIRING? YUP! (MOTIVATING?) YOU BETCHA! THEY
SAY A WHOLE LOT IN ONLY A FEW WORDS. HERE'S
ONE OF MY FAVOURITES...
↓*

*Nature is painting for us,
day after day, pictures of
infinite beauty.*

John Ruskin

Featured Product

EVERY PRODUCT HAS A STORY TO TELL AND WE LOVE SHARING THEM. CHECK THIS ONE OUT!

MICROFIBRE CLOTHS

Using friction and static energy, these cloths trap and remove dust, dirt, oils and bacteria.

Selected

**STOCK
UP** \$7⁹⁷ each



LOVE IT!

SHOP WITH US ON

Cornershop

AMAZING



AWESOME

COOL!

Sign up and get \$20 off your first order of \$50 or more
Live within a 10km radius of one of our stores? Sign up now : www.organicgarage.com/shopcornershop



**POPTIME
KETTLE POPCORN**

Wholesome popcorn that's bursting with flavourful goodness in a variety of yummy flavours.

Selected 128-198g

\$3.47
each

FACT



DID YOU KNOW THAT SINCE THE FIRST EARTH DAY CELEBRATED IN 1970, OVER 1 BILLION PEOPLE TAKE PART IN EARTH DAY ACTIVITIES AROUND THE WORLD EVERY YEAR!

↑ THE COLD, HARD FACTS!
↑



**HIPPIE SNACKS
CRISPS**

Straight-from-the-source avocado or cauliflower in a convenient, crispy and delicious snack. Non GMO

Selected 70g

\$3.97
each



WE BELIEVE ... *

Everyone, no matter income, gender or size should have access to healthier food → for less.

**HELLO
I'm New**

NEVER BE AFRAID TO TRY SOMETHING NEW. LIFE GETS BORING WHEN YOU STAY WITHIN THE LIMITS OF WHAT YOU ALREADY KNOW. DO IT!



**KIJU
JUICE BOXES**

100% certified organic juice blends with no added sugar or artificial colours, now with paper straws made from FSC-certified paper.

Selected 4X200ml



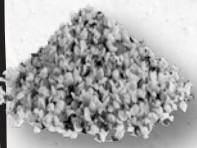
**EVERYDAY
LOW
PRICE**

\$2.47
each

BULK it up!

↑ Another great way to save money ↑


CERTIFIED ORGANIC HEMP SEEDS



Hemp seeds are exceptionally nutritious and rich in healthy fats, protein and various minerals..

Selected

\$16⁹⁷/lb or \$37.41/kg



THE LOWDOWN ON VITAMINS + SUPPLEMENTS

OMEGA 3, CALCIUM, VITAMIN A, C, D... WHAT SHOULD YOU TAKE? TO BE HONEST, WE DON'T KNOW. WE AREN'T VITAMIN + SUPPLEMENT EXPERTS, BUT WE DO KNOW THAT HEALTH IS WEALTH! WHICH IS WHY WE TOOK ALL THE INFO WE COULD FIND ON THE STUFF WE CARRY AND CRAMMED IT INTO **VIK** - OUR VITAMIN INFORMATION KIOSK! LEARN MORE ABOUT OUR BRANDS, THEIR PRODUCTS AND THEIR BENEFITS TO SEE WHAT'S RIGHT FOR YOU.

WHOLE EARTH & SEA MULTIVITAMINS



Formulas that provide a full range of nutrients to support your overall well-being.

Selected 60ct

Save \$4⁰⁰ each

FOLLOW US ON SOCIAL MEDIA

 @organicgarage

 Organic Garage

 @organicgarage

FLORA FLOR-ESSENCE



A traditional herbal formula developed to gently cleanse the whole body from an array of environmental stressors.

Selected 500ml

\$28⁹⁷ each

FOR QUESTIONS OR COMMENTS PLEASE E-MAIL US AT:

CUSTOMERSERVICE@ORGANICGARAGE.COM

METHODS OF PAYMENT
We accept: →






or... good old hard \$\$\$

* GIFT CARDS AVAILABLE *

No rainchecks - Unflyer specials are while supplies last - We reserve the right to limit quantities