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Sources for organic food

More and more stores are carrying organic food to meet the increasing demand from consumers. In fact, even in 1995, 42% of American mainstream stores were carrying organic produce says the Food Marketing Institute. Plus, according to the International Trade Centre, retail sales of organic food in the United States, Japan and Europe totalled \$10.5 billion in 1997, with projected sales of \$21.5 billion for 2000.

While organic food is gaining popularity, it still composes only a fraction of total food sales. One reason? Price. Particularly in the winter, consumers find themselves in a quandary: Buy the organic product for three times the price of the conventional one or bite the toxic bullet? (There are many hidden costs of conventional food and the “real” cost is actually higher than the supermarket price. See “Why should I pay more for organic food?” on page 9*.)

To help answer the organic versus conventional dilemma, consumers might want to examine the external costs of conventional food and consider the amount of pesticides, fungicides, additives, etc. used on the commercial product as well as their residual toxins and concentration levels.

Take an ordinary commercial lemon, for example, which is treated with chemi-

cals throughout its entire life. As Margaret Visser describes in *Much Depends on Dinner* (1986, McClelland & Stewart), the fruit on a lemon tree never ripens at the same time, so the lemons are sprayed with several doses of pesticides throughout various stages of their development. And because they’re picked green and don’t continue ripening, they are treated with ethylene oxide, a process called “gassing.” (Ethylene gas does occur naturally in some fruits.) Lemons are next treated with solutions composed of copper and other fungicides and then waxed. Visser goes on to explain that even the packing paper and cartons the lemons are shipped in are coated in fungicides.

Learning how a commercially grown product is treated will undoubtedly take a bit of research but it’s worth the effort. Pollution Probe’s *Additive Alert! What Have They Done To Our Food?* (1994, McClelland & Stewart) is a good starting point for such information.

If you decide to go the commercial route, buy locally grown food if possible because fewer chemicals will likely have been used to extend its shelf life to allow for transportation. This is also important because produce starts to lose its nutritional value as soon as it is picked.

*This page number refers to the printed version of the consumer’s guide and is not included in this PDF.



Fresh-from-the-farm organics

Many organic farmers sell their products at farmers' markets because it is an inexpensive way to distribute their food. Farmers' markets offer consumers an incredible opportunity to buy fresh organic produce, meats, dairy products and baked goods and support their local economy.

Farmers' markets usually start early on Saturday mornings, although there are those that still maintain traditional week-day markets. Outdoor markets usually operate from Victoria Day weekend to Thanksgiving weekend, while year-round markets, such as the ones in Orillia, Kitchener, Toronto, Simcoe and Ottawa, often expand and work their way outdoors in the summer months.

Depending on the season, organic farmers may be found at farmers' markets in St. Jacob's, Owen Sound, Flesherton, Guelph, Ottawa, Stratford and many other towns — check out your local farmers' market and ask the producers about their agricultural practices.

Farmers' Markets Ontario offers a directory of the farmers' markets across the province for \$8 and also has the information for free on its website. For more information, contact Farmers' Markets Ontario at, in Ontario only, 1-800-FARM (3276) or, outside of Ontario, (613) 475-GROW (4769); 75 Bayshore Rd., Presqu'île Point, Brighton, Ont., K0K 1H0; fax (613) 475-2913; fmo@reach.net; www.fmo.reach.net

Below are a few Ontario farmers' markets that specifically sell organic food:

Ottawa Organic Farmers' Market

(Saturday, 10 a.m to 2 p.m.)
Kingsway United Church, 630 Island Park Dr., Ottawa, Ont., K1Y 0B7
(613) 256-4150

☛ sells produce, meat, dairy/eggs, bulk foods, packaged foods, baked goods

THE Organic Farmers' Market

(open weekdays and Saturday)
238 Queen St. W., Toronto, Ont., M5V 1Z7
(416) 703-4975

☛ sells produce, meat, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods plus has a deli/café

Village Market - Toronto Waldorf

School (Saturday, 9 a.m. to 1 p.m.)
9100 Bathurst St., Thornhill, Ont., L4C 8C7
(905) 881-1611 for general information or Richard at (905) 707-5771 if interested in selling products; fax (905) 881-6710
www.villagemarket.org

☛ sells produce, meat, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods plus has a deli/café

CSAs provide a new link in the food chain

Another way of getting organically grown food is through community shared agriculture (CSA) programs. Generally, it works like this: In the spring, consumers buy a "share" of the farm, which helps the

farmer purchase seed, tools, labour, etc. for the growing season and ensures that s/he is growing for a market and will receive a fair and steady income.

What the “investor” gets in return is a weekly box of freshly picked produce (or whatever the arrangement is; sometimes eggs, dairy products and poultry may also be included) from about June to October. Similar to other investments, there is some risk. For instance, if there is a pest problem that can’t be corrected organically, there might be fewer tomatoes; if there’s no rain for a month, there might not be any salad greens.

Check the farm listings beginning on page 54 to see if there is a farm offering a CSA program in your area. As well, visit the Society for Biodynamic Farming and Gardening’s website at www.biodynamic.com/canada.html and the Canadian Organic Growers’ website at www.cog.ca for farmers who are participating in CSA programs.

There are also a number of organic-food delivery services in the Toronto area (see below) that offer a similar produce box.

Delivered to your doorstep

Within the past few years Metropolitan Toronto has seen organic-food delivery programs increase in number and expand their selection. Some of them offer a set box of organic food and others offer a customized order; some sell their box for the same price throughout the year, others adjust the price according to the season; some offer a regular biweekly service while others will deliver only when the order is

placed; some receive orders by phone and fax and others receive orders through their websites; and some deliver directly to customers’ doorsteps while others deliver to a central drop-off point. (Farmers also deliver set boxes of organic produce, see community shared agriculture programs above.)



Here are some of the companies currently delivering organic food in the Metropolitan Toronto region:

Beretta Organic Farms

4400 15th Sideroad, King City, Ont.,
L7B 1K4

(905) 833-2032; call Anne Beretta at
(416) 487-0514 to place orders
berettafarm@tridel.com

☛ customized orders offering produce,
meat, dairy/eggs

Damn Good Food

(416) 948-6162; fax (416) 968-1493
beth@dirtd.zzn.com

www.beths.home-page.org

☛ This biweekly delivery service runs from late spring until late fall. The set box (\$60 plus \$6 delivery in the GTA) includes produce, one prepared vegetarian meal and fresh flowers. Every third delivery, participants are invited to another participant’s home for a vegetarian potluck with a guest speaker/performer and to pick up their box. Also has customized orders offering meat, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods



Field to Table

200 Eastern Ave., Toronto, Ont.,
M5A 1J1
(416) 363-0474; fax (416) 363-6441
goodfoodbox@foodshare.net

www.foodshare.net

☛ This non-profit organization offers biweekly organic (small \$20, large \$30) and non-organic produce boxes with deliveries to almost 200 drop-off locations in the GTA

Front Door Organics

879 Islington Ave., Etobicoke, Ont.,
M8Z 4N9
(416) 201-3000; fax (416) 201-3002

frdoor@interlog.com

www.frontdoororganics.com

☛ offers a produce box (small \$29, large \$39) weekly or biweekly with up to 2 substitutions and also has customized orders offering produce, dairy/eggs, packaged foods, processed foods, beverages

Hallelujah Organics Inc.

(also is a retail store)

110 Pony Drive, Newmarket, Ont., L3Y 7B6
(905) 953-7900 or 1-888-607-3734
matthews@neptune.on.ca

www.hallelujah.on.ca

☛ customized orders offering produce, meat, dairy/eggs, packaged foods, processed foods, frozen foods, beverages, baked goods

The Organic Farm

801 Collinson Rd., Dundas, Ont., L9H 5E2
1-877-223-0542; fax (905) 627-5171

birch.tree@primus.ca

www.the-organic-farm.com

☛ customized orders offering produce, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Penny's Organic Produce

53 Golfview Ave., Toronto, Ont., M4E 2J9
(416) 691-2571

☛ customized orders offering produce, dairy/eggs, bulk foods, packaged foods, processed foods, beverages, baked goods

True Food - Farm Store and Market

(also is a retail store)

2499 York Rd. 30, Stouffville, Ont.,
L4A 7X4

(905) 643-3383; fax (905) 642-1276
(outside the GTA 1-888-257-FOOD;
fax 1-888-257-3316)

info@OrganicHomeDelivery.com

www.OrganicHomeDelivery.com

☛ customized orders offering produce, meat, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Vegetable Kingdom Organics

(also is a retail store)

443 Adelaide St. W., Toronto, Ont.,
M5V 1S9

(416) 703-6447; fax (416) 703-9556

vegetablekingdom@sympatico.ca

www.vegetablekingdom.com



☛ customized orders offering produce, meat, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Wanigan Toronto Organics

1-877-926-4426

info@mywowbox.com

www.TorontoOrganics.com

☛ offers several sizes of produce boxes (\$29-\$49) or customized orders offering produce, meat, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Wanigan Whole Foods Inc.

1-877-WANIGAN (926-4426)

fax (519) 938-9396

info@wanigan.com; www.wanigan.com

☛ customized orders (minimum order \$70, plus \$5 delivery) offering produce, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

vocal about their demand for organic food. They must discuss with their local retailers the benefits of organic agriculture and request that the stores start carrying organic products — maybe suggest that they begin with packaged and processed foods that have a longer shelf life. Particularly with genetically engineered foods infiltrating our food system, organics are integral to our food safety and environmental health and must become more widely available.

By no means is this consumer's directory a bible of where you can buy organics, it's only a springboard for where you can start looking. Most of these businesses are health-food stores; we suggest that you also check the green grocers, specialty-food stores, bulk-food stores and supermarkets in your neighbourhood as some are now stocking organic food on their shelves. A few large food chains such as Loblaws, Dominion, Pusateri's and Longo's offer some organic selections as well — check their products for organic certification labels and read the fine print.

Keep in mind that just because a store advertises its products as organic doesn't necessarily mean that they are. Some grocers naively believe their suppliers and sales reps; by asking the store if it's certified organic and by which certification body, you will get a better sense of whether the claim is true or not. (This is particularly true with organic meat, which is often confused with natural, hormone-free and additive-free meat. See the sidebar on page 32 for more information.)



STORE DIRECTORY

About one-quarter of the approximately 1,200 stores we contacted are currently carrying organic food. We are encouraged by the selection that some of the stores are offering (some even sell exclusively organic food) but the distribution of organic food still has a long way to go.

Consumers who are looking for organic food, wherever they live, need to be more



This list was accurate at the time of the directory's research (June-July 2000), however stores may drop or add organic products.

Most of the information was ascertained over the telephone, only a small percentage was collected from on-site visits. We suggest that you call the individual store for more details before you make a special trip to shop.

How to read these listings

The store listings are divided into the following regional categories:



Metropolitan Toronto



Ottawa region



Southwestern Ontario



Central Ontario



Eastern Ontario



Northern Ontario

Each of these regions are broken down into smaller areas alphabetically (except for Toronto, which appears first in the Metropolitan Toronto section). Following the regional heading at the beginning of each regional listing, the main areas within that section are given in the order they appear. Some of these main areas also include nearby towns. For example, Hamilton

comes before Newmarket under Central Ontario, and both include surrounding towns, such as Ancaster and Uxbridge respectively. The listings are in alphabetical order by store name within each section.

Due to space limitations, only categories — produce, meat, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods — are listed, although many stores carry very complete lines of organic food. (If the store carries something from each of the above categories, “all categories” is noted.)

Please keep in mind that “bulk foods” for one store may include dried legumes, nuts, dried fruits, coffee and pastas, and for another, it may simply mean flour. Similarly, produce ranges from staples such as apples, onions, carrots and potatoes to heirloom varieties of melons, shiitake mushrooms, pea sprouts and avocados. Packaged foods may include canned beans, bagged grains and boxed pasta; processed foods may include jams, pasta sauces, salad dressings, oils and baby foods; frozen foods may include ice cream, prepared meals, produce and juices.

The meats (which includes chicken) listed in the store directory may be fresh or frozen. Please be aware that while the store claims the meat is organic, it may only be hormone-free or naturally raised. If you're looking for certified-organic meat, check the farm listings for farmers who sell it and where it is available. (For more information on certified-organic meats, please refer to the sidebar on page 32.)

METROPOLITAN TORONTO

(including Toronto, Brampton, Etobicoke, Mississauga, North York, Richmond Hill, Scarborough and Thornhill)

Toronto**Alternative Grounds****Coffee House & Roastery**

333 Roncesvalles Ave.,
Toronto, Ont., M6R 2M8
(416) 534-6335

☛ beverages

Appletree Natural Foods

845 Queen St. W., Toronto,
Ont., M6J 1G4
(416) 504-9677

☛ dairy/eggs, bulk foods,
packaged foods, processed
foods, frozen foods,
beverages, baked goods

Baldwin Naturals

20 Baldwin St., Toronto,
Ont., M5T 1L2
(416) 979-1777

☛ all categories

Big Carrot Natural Food Market

348 Danforth Ave., Toronto,
Ont., M4K 1N8
(416) 466-2129
fax (416) 466-2366
www.bigcarrot.ca

☛ all categories plus a
deli/café

Country Harvester

2339B Dundas St. W.,
Toronto, Ont., M6P 1W7
(416) 530-1530

☛ dairy/eggs, bulk foods,
packaged foods, processed
foods, beverages

Down Under Health Food

491 Church St., Toronto,
Ont., M4Y 2C9
(416) 928-0807
fax (416) 928-1144
aasgaraly@hotmail.com

☛ produce, dairy/eggs,
bulk foods, packaged foods,
processed foods, frozen
foods, beverages, baked
goods

Essence of Life

50 Kensington Ave.,
Toronto, Ont., M5T 2K1
(416) 204-1030

☛ all categories

Eternal Abundance

3066 Bloor St. W., Toronto,
Ont., M8X 1C4
(416) 234-5258

☛ all categories

Eternal Abundance

468 Bloor St. W., Toronto,
Ont., M5S 1X8
(416) 532-0164

☛ produce, meat, dairy/
eggs, bulk foods, frozen
foods, beverages, baked
goods

Evergreen Natural Foods

513 St. Clair Ave. W.,
Toronto, Ont., M6C 1A1
(416) 536-2932

☛ all categories

Evergreen Natural Foods

161 Roncesvalles Ave.,
Toronto, Ont., M6R 2L3
(416) 534-2684

☛ all categories

Flying Monkey Natural Foods

314 College St., Toronto,
Ont., M5T 1S3
(416) 968-1515

☛ dairy/eggs, bulk foods,
processed foods, frozen
foods, beverages, baked
goods

Food for Thought Natural Foods

2976 Danforth Ave.,
Toronto, Ont., M4C 1M6
(416) 699-0583

☛ dairy/eggs, bulk foods,
packaged foods, processed
foods, frozen foods,
beverages, baked goods

Four Seasons Natural Food & Health Products

2837 Dundas St. W.,
Toronto, Ont., M6P 1Y6
(416) 769-2931

☛ produce, dairy/eggs,
bulk foods, packaged foods,
processed foods, frozen
foods, beverages, baked
goods





Health Shoppe

41A Charles St. W., Toronto,
Ont., M4Y 2R4
(416) 923-5071

🌿 all categories



Health Shoppe

1375A Yonge St., Toronto,
Ont., M4T 1Y5
(416) 968-1225
thehealthshoppe@home.com
www.healthshoppe.net

🌿 all categories

Health Valley Natural Foods

390 Bloor St. W., Toronto,
Ont., M5S 1X4
(416) 963-9695

🌿 dairy/eggs, packaged
foods, processed foods,
frozen foods, beverages,
baked goods

Helen's Natural Foods

283 Roncesvalles Ave.,
Toronto, Ont., M6R 2M3
(416) 534-1833

🌿 produce, dairy/eggs,
bulk foods, packaged foods,
processed foods, frozen
foods, beverages, baked
goods

➤ **All categories**

include produce, meat,
dairy/eggs, bulk foods,
packaged foods,
processed foods, frozen
foods, beverages and
baked goods



Honey 'N Spice & All Things Natural

1049 Kingston Rd., Toronto,
Ont., M4E 1T5
(416) 691-1924

🌿 meat, dairy/eggs, bulk
foods, packaged foods,
processed foods, frozen
foods, beverages

Karma Co-op

(members only)
739 Palmerston Ave.,
Toronto, Ont., M6G 2R3
(416) 534-1470

🌿 all categories

Kensington Natural Bakery

460 Bloor St. W., Toronto,
Ont., M5S 1X8
(416) 534-1294

🌿 baked goods

Lennie's Health Foods

489 Parliament St., Toronto,
Ont., M5A 3A3
(416) 920-3777

🌿 dairy/eggs, bulk foods,
packaged foods, processed
foods, beverages, baked
goods

Lively Life International Fine Food

93 Front St. E., Toronto,
Ont., M5E 1C3
(416) 362-1464

🌿 bulk foods, packaged
foods, processed foods

Living Seed Health Centre

179 Avenue Rd., Toronto,
Ont., M5R 2J2
(416) 921-7486

🌿 dairy/eggs, processed
foods, frozen foods,
beverages, baked goods

Main Drug Mart

901 O'Connor Dr., Toronto,
Ont., M4B 2S8
(416) 757-2839

🌿 dairy/eggs, packaged
foods, processed foods,
beverages, baked goods

Naturally Yours Health Foods

First Canadian Place,
Toronto, Ont., M5Y 1E2
(416) 368-0100

🌿 bulk foods, packaged
foods, processed foods,
beverages

Nature's Bulk Food

1929 Weston Rd., Toronto,
Ont., M9N 1W7
(416) 242-9061

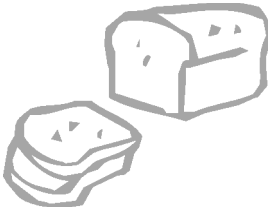
🌿 bulk foods, packaged
foods

Noah's Natural Foods

2395 Yonge St., Toronto,
Ont., M4P 3E7
(416) 488-0904

www.noahsnaturalfoods.com

🌿 all categories



Noah's Natural Foods

667 Yonge St., Toronto,
Ont., M4Y 1Z9
(416) 969-0220
www.noahsnaturalfoods.com

☛ all categories

Noah's Natural Foods

322 Bloor St. W., Toronto,
Ont., M5S 1W5
(416) 968-7930
fax (416) 968-0013
www.noahsnaturalfoods.com

☛ all categories plus a
deli/café

Oasis Health Food

2400 Dufferin St., Toronto,
Ont., M6E 3S6
(416) 783-3093

☛ packaged foods, beverages

Optimum Natural Foods

2146 Queen St. E., Toronto,
Ont., M4E 1E3
(416) 693-5328

☛ packaged foods, processed
foods

Peaches & Green

1561 Bayview Ave., Toronto,
Ont., M4G 3B5
(416) 488-6321

☛ dairy/eggs, packaged
foods, processed foods,
frozen foods, beverages,
baked goods

Rosedale General Store

1075 Yonge St., Toronto,
Ont., M4W 2L2
(416) 927-0359

☛ all categories

Slice of Life Bakery

1602 Queen St. E., Toronto,
Ont., M4L 1G2
(416) 463-5974

☛ packaged foods, processed
foods, baked goods

Strictly Bulk

2436 Danforth Ave.,
Toronto, Ont., M4C 1K9
(416) 686-8666

☛ dairy/eggs, bulk foods,
packaged foods, processed
foods, frozen foods,
beverages, baked goods

Strictly Bulk

638 Danforth Ave., Toronto,
Ont., M4K 1R3
(416) 466-6849

☛ dairy/eggs, bulk foods,
packaged foods, processed
foods, frozen foods,
beverages, baked goods

Strictly Bulk

924 Bloor St. W., Toronto,
Ont., M6H 1L4
(416) 533-3242

☛ dairy/eggs, bulk foods,
packaged foods, processed
foods, frozen foods,
beverages, baked goods



Strictly Bulk

2389 Bloor St. W., Toronto,
Ont., M6S 1P6
(416) 766-3319

☛ dairy/eggs, bulk foods,
packaged foods, processed
foods, frozen foods,
beverages, baked goods

**Sugar and Spice Bulk
Foods**

1574 Eglinton Ave. W.,
Toronto, Ont., M6E 2G8
(416) 785-6055

☛ dairy/eggs, frozen foods,
beverages

Sunflower Natural Foods

2179 Bloor St. W., Toronto,
Ont., M6S 1N2
(416) 767-9795

☛ produce, meat, processed
foods, baked goods

Sunrise Health Foods

5 Roslin Ave., Toronto, Ont.,
M4N 1Y8
(416) 487-1210

☛ dairy/eggs, bulk foods,
baked goods



Sunshine Natural Foods
1455 Bathurst St., Toronto,
Ont., M5R 3J2
(416) 588-1496



☛ meat, dairy/eggs,
processed foods

Super Sprouts
205 Spadina Ave., Toronto,
Ont., M5R 2T9
(416) 977-7796
☛ produce

Taste of Nature
380 Bloor St. W., Toronto,
Ont., M5S 1X2
(416) 925-8102
☛ bulk foods

**THE Organic Farmers'
Market**
238 Queen St. W., Toronto,
Ont., M5V 1Z7
(416) 703-4975
☛ all categories plus a
deli/café

Uncle George's Place
93 Front St. E., Toronto,
Ont., M5E 1C3
(416) 601-2112
☛ produce

Vegetable Kingdom
443 Adelaide St. W.,
Toronto, Ont., M5V 1S9
(416) 703-6447
fax (416) 703-9556
vegetablekingdom@
sympatico.ca
www.vegetablekingdom.com
☛ all categories plus a
deli/café



Vita Life
50 Cumberland Ave.,
Toronto, Ont., M4W 1J5
(416) 922-8482
☛ packaged foods, processed
foods, beverages, baked
goods

Vital Planet Health Shop
92 Front St. E., Toronto,
Ont., M5E 1C4
(416) 366-4353
☛ bulk foods, packaged
foods, frozen foods

Wholesome Food Store
2238 Queen St. E., Toronto,
Ont., M4E 1G2
(416) 690-9500
☛ all categories

Brampton area

(including Acton and
Georgetown)

Foodstuffs
89 Main St. S., Georgetown,
Ont., L7G 3E5
(905) 877-6569
☛ dairy/eggs, bulk foods,
packaged foods, processed
foods, frozen foods,
beverages, baked goods

Good & Natural
180 Sandalwood Pkwy. E.,
Brampton, Ont., L6Z 1Y4
(905) 840-0518
☛ packaged foods

S & H Health Foods
227 Vodden St., Centennial
Mall, Brampton, Ont.,
L6V 1N2
(905) 450-9533
☛ packaged foods, processed
foods, frozen foods,
beverages

**Sears Health Food &
Fitness Shops**
25 Peel Centre Dr.,
Brampton, Ont., L6T 3R5
(905) 458-1141
☛ packaged foods, processed
foods, beverages

**Willow Lane Natural
Foods**
15 Willow St. S., Acton,
Ont., L7J 1Z9
(519) 853-3051

☛ meat, dairy/eggs, bulk
foods, packaged foods,
processed foods, frozen
foods, beverages

Etobicoke

Better Living Natural Foods
1500 Royal York Rd.,
Etobicoke, Ont., M9P 3B6
(416) 249-1895
☛ all categories

Health Garden
2895 Bloor St. W., Etobicoke,
Ont., M8X 1B3
(416) 233-9925
☛ all categories

Living Healthy

2291 Kipling Heights Plaza,
Etobicoke, Ont., M9W 4L6
(416) 740-1344

🌿 packaged foods, processed foods

Nature's Counter

250 The East Mall,
Etobicoke, Ont., M9B 3Y8
(416) 236-1409

🌿 packaged foods

Ontario Natural Food Co-op

70 Fima Cr., Etobicoke, Ont.,
M8W 4V9
(416) 503-3663

🌿 dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

S & H Health Foods

500 Rexdale Blvd., Etobicoke,
Ont., M9W 6K5
(416) 674-5809

🌿 packaged foods, beverages

Mississauga

Alternative Choices

640 Eglinton Ave. W.,
Mississauga, Ont., L5R 3V2
(905) 502-9722
fax (905) 502-8055

🌿 dairy/eggs, packaged foods, processed foods, frozen foods, beverages, baked goods

Bulk Food Mart

West Wood Mall,
Mississauga, Ont., L4T 2T9
(905) 672-1946

🌿 bulk foods

Granny's Green Cellar

4099 Erin Mills Pkwy.,
Mississauga, Ont., L5L 3P9
(905) 607-2608

🌿 all categories

Nature's Counter

377 Burnhamthorpe Rd. E.,
Mississauga, Ont., L5A 3Y1
(905) 277-5016

🌿 meat, dairy/eggs, bulk foods

Sears Health Food & Fitness Shops

100 City Centre Dr., Square
One Shopping Centre,
Mississauga, Ont., L5B 2G6
(905) 270-8111

🌿 packaged foods, processed foods, beverages

Spence's Natural Foods

1125 Bloor St. E.,
Mississauga, Ont., L4Y 2N6
(905) 279-0722

🌿 all categories



North York



Basically Bulk

3181 Bathurst St., North
York, Ont., M6A 2B2
(416) 787-5855

🌿 packaged foods

Genesis Bulk & Natural Foods

2375 Steeles Ave. W., North
York, Ont., M3J 3A8
(416) 663-1465

🌿 bulk foods, packaged foods, beverages

Golden Harvest Health Foods

240 Sheppard Ave. W.,
North York, Ont., M2N 1N3
(416) 225-8269

🌿 all categories

Main Drug Mart

2047 Avenue Rd., North
York, Ont., M5M 4A7
(416) 481-1114

🌿 dairy/eggs, packaged foods, processed foods, beverages, baked goods

NKM Chapman's Essential Foods

309 York Mills, North York,
Ont., M2L 1L3
(416) 444-4477

🌿 dairy/eggs, packaged foods, processed foods, frozen foods, beverages



Source the Natural Food Emporium

3555 Don Mills Rd., North York, Ont., M2H 3N3
(416) 497-2270

☛ all categories



Richmond Hill area

(including Bolton, Concord and Markham)

Bulk Depot

1520 Steeles Ave. W., Concord, Ont., L4K 3B9
(905) 669-5440

☛ bulk foods, packaged foods

Down to Earth Natural Foods

10720 Yonge St., Richmond Hill, Ont., L4C 3C9
(905) 737-0768

☛ meat, dairy/eggs, packaged foods, processed foods, frozen foods, beverages, baked goods

Essential Health

4-B Queen St. S., Bolton, Ont., L7E 1C8
(905) 857-8143

☛ all categories



Markham Warehouse Outlet

330 Steelcase Rd. E., Markham, Ont., L3R 1G2
(905) 475-5366

☛ bulk foods, processed foods, frozen foods, beverages, baked goods

Nature's Loft Bulk & Natural Foods

205 Don Head Village Blvd., Richmond Hill, Ont., L4C 7R3
(905) 737-1661

☛ produce, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Organica Health & Nutrition Centre

9555 Yonge St., Richmond Hill, Ont., L4C 9M5
(905) 508-6668

☛ all categories

Scarborough

BK Natural Foods

114 Eglinton Square, Scarborough, Ont., M1L 2K1
(416) 752-4688

☛ dairy/eggs, bulk foods, packaged foods, processed foods, beverages

Health Food Boutique

2586 Birchmount Rd., Scarborough, Ont., M1T 2M5
(416) 291-6171

☛ produce, meat, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages

Healthy Planet

85 Ellesmere Ave., Scarborough, Ont., M1R 4B7
(416) 510-8576
hplanet@earthlink.com

☛ bulk foods

Morningside Health Foods

255 Morningside Ave., Scarborough, Ont., M1E 3E6
(416) 282-4447

☛ bulk foods, processed foods

Natural Durum Bakery

296 Markham Rd.,
Scarborough, Ont., M1J 3C5
(416) 266-2955

☛ all categories

Organic Planet

1121 Bellamy Rd. N.,
Scarborough, Ont., M1H 3B9
(416) 431-9099

☛ bulk foods

Sears Health Food & Fitness Shops

300 Borough Dr.,
Scarborough Town Centre,
Scarborough, Ont., M1P 4P5
(416) 296-0171

☛ packaged foods, processed foods, beverages

Thornhill

Ambrosia Natural Foods

55 Doncaster Ave.,
Thornhill, Ont., L3T 1L7
(905) 881-7811

☛ produce, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Best of Nature

1118 Centre St., Thornhill,
Ont., L4J 7R9
(905) 763-6770

☛ all categories

Daya Health Foods

8236 Yonge St., Thornhill,
Ont., L4J 1W6
(905) 881-0454

☛ meat, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Health Garden

69 Doncaster Ave.,
Thornhill, Ont., L3T 1L6
(905) 881-5764

☛ produce, meat, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods

Kosher Food Warehouse

75 Doncaster Ave.,
Thornhill, Ont., L3T 1L6

☛ packaged foods

For businesses that deliver organic food in the Metropolitan Toronto area, turn to page 19.

Natural Life Health Market

7700 Bathurst St.,
Thornhill, Ont., L4J 7Y3
(905) 707-3350

☛ produce, meat, dairy/eggs, packaged foods, processed foods, frozen foods, beverages, baked goods

Noah's Natural Foods

7117 Bathurst St., Thornhill,
Ont., L4J 2J6
(905) 731-2098
www.noahsnaturalfoods.com

☛ all categories

Village Market - Toronto Waldorf School

(Saturdays, 9 a.m. to 1 p.m.)
9100 Bathurst St., Thornhill,
Ont., L4C 8C7
(905) 881-1611 for general information or Richard at (905) 707-5771 if interested in selling products
fax (905) 881-6710
www.villagemarket.org

☛ all categories plus a deli/café





OTTAWA REGION

(including Ottawa and outlying towns around Ottawa)



Ottawa

Au Naturel Stores

1020 St. Laurent Blvd.,
Ottawa, Ont., K1K 4S2
(613) 742-6033

☛ all categories (meat by special order)

Bonnie's Natural Food Shop

1500 Bank St., Ottawa,
Ont., K1H 7Z2
(613) 523-1372

☛ dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Kardish Food

841 Bank St., Ottawa, Ont.,
K1S 3V9
(613) 234-6795

☛ dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages

Kardish Food

Carlingwood Shopping Centre, Ottawa, Ont.,
K2A 1H2
(613) 722-8251

☛ dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages

Kardish Specialty Food

1670 Heron Rd., Ottawa,
Ont., K1V 0C2
(613) 523-5797

☛ dairy/eggs, bulk foods, packaged foods, processed foods, beverages, baked goods

Kardish Specialty Food

2515 Bank St., Ottawa, Ont.,
K1V 8R9
(613) 737-0305

☛ dairy/eggs, bulk foods, packaged foods, processed foods, beverages, baked goods

Karla's Natural Food Store

37 William St., Ottawa,
Ont., K1N 6Z9
(613) 241-2706

☛ bulk foods, packaged foods, processed foods

Natural Food Depot

304 Wilbrod St., Ottawa,
Ont., K1N 6M1
(613) 232-2116
naturalfooddepot@on.aibn.com

☛ produce, meat, dairy/eggs, packaged foods, processed foods, frozen foods, beverages, baked goods

Natural Food Pantry

Billings Bridge Plaza,
Ottawa, Ont., K1H 7X6
(613) 737-9330

☛ produce, bulk foods, packaged foods, processed foods

Natural Food Pantry

Westgate Mall, Ottawa,
Ont., K1Z 7L3
(613) 728-1255

☛ all categories (meat by special order)

Naturally Green Health Centre

273 Bank St., Ottawa, Ont.,
K2P 1X5
(613) 567-2505
fax (613) 567-8565
naturallygreen@hotmail.com

☛ dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods



**Ottawa Natural Clinic
Pharmacy**

151 Slater St., Ottawa, Ont.,
K1P 5H3
(613) 235-3993

☞ bulk foods, processed
foods, frozen foods

**Ottawa Organic Farmers'
Market**

(Saturdays, 10 a.m to 2 p.m.)
Kingsway United Church,
630 Island Park Dr., Ottawa,
Ont., K1Y 0B7
(613) 256-4150

☞ produce, meat, dairy/
eggs, bulk foods, packaged
foods, baked goods

Rainbow Natural Foods

1487 Richmond Rd.,
Ottawa, Ont., K2B 6R9
(613) 726-9200
rainbowfoods@sprint.ca

☞ produce, dairy/eggs,
bulk foods, packaged foods,
processed foods, frozen
foods, beverages, baked
goods

**Sears Centre de Santé
et Vitalité**

2165 Carling Ave.,
Carlingwood Shopping
Centre, Ottawa, Ont.,
K2A 1H2
(613) 729-2561

☞ packaged foods, processed
foods, beverages

**Wheat Berry (Le Grain
de blé)**

206 Main St., Ottawa, Ont.,
K1S 1C6

(613) 235-7580
fax (613) 235-4907

☞ produce, dairy/eggs,
bulk foods, packaged foods,
processed foods, frozen
foods, beverages, baked
goods

Ottawa area

(including Almonte,
Arnprior, Carleton Place,
Embrun, Hawkesbury,
Nepean and Stittsville)

**Almonte Natural Food
Centre**

34 Mill St., Almonte, Ont.,
K0A 1A0
(613) 256-1833

☞ dairy/eggs, bulk foods,
packaged foods, processed
foods, frozen foods,
beverages, baked goods

**Arnprior Bulk & Natural
Foods**

115 John St. N., Arnprior,
Ont., K7S 2N5
(613) 623-8772

☞ bulk foods, packaged
foods, processed foods

Granary

107 Bridge St., Carleton
Place, Ont., K7C 2V4
(613) 257-5986

☞ dairy/eggs, bulk foods,
packaged foods, processed
foods, frozen foods,
beverages, baked goods

**Kardish Food**

3657 Richmond Rd., Nepean,
Ont., K2H 8X3
(613) 820-4339

☞ dairy/eggs, bulk foods,
packaged foods, processed
foods, frozen foods,
beverages

Kardish Food

1568 Maryville Rd., Nepean,
Ont., K2G 3J9
(613) 226-7317

☞ dairy/eggs, bulk foods,
packaged foods, processed
foods, frozen foods,
beverages, baked goods

L'Ami de la Santé

230 Main St. E.,
Hawkesbury, Ont., K6A 1A5
(613) 632-2997

☞ meat, dairy/eggs, bulk
foods, packaged foods,
processed foods, frozen
foods, beverages, baked
goods

Le Tournesol

951 Notre Dame, Embrun,
Ont., K0A 1W0
(613) 443-2206

☞ all categories





**Mother Hubbard's
Natural & Bulk Foods**

250 Greenbank Rd., Nepean,
Ont., K2H 8X4
(613) 820-3178



☛ dairy/eggs, bulk foods,
packaged foods, processed
foods, frozen foods,
beverages, baked goods

Natural Food Basket

150 Robertson Rd., Nepean,
Ont., K2H 5Z1
(613) 820-3678

☛ dairy/eggs, bulk foods,
packaged foods, frozen
foods, beverages, baked
goods

**Nature's Basics — Your
Health Food Store**

1488 Main St., Stittsville,
Ont., K0A 3G0
(613) 831-2695

☛ dairy/eggs, bulk foods,
packaged foods, processed
foods, frozen foods,
beverages

A few words on certified-organic meat in Ontario

There has been a lot of confusion about organic meat: Meat advertised as natural, free-range, hormone-free and additive-free does not necessarily mean that it is organic. Organic meat comes from an animal that has not been fed anything grown with toxic or synthetic fertilizers, pesticides, herbicides, fungicides or fumigants; has not been given any kind of growth hormone, antibiotic or genetically engineered product; has been conceived by organically raised animals; and has been butchered and processed following organic regulations.

Organically raised animals are also given more space and freedom than conventionally raised animals usually receive. And because organic livestock are reared in such a humane manner and organic farmers maintain impeccable pasture-management practices, the animals are generally healthier. With organic farming, prevention of maladies is emphasized over treatment of them. When a disease or infection does strike an animal, it is nursed back to health without the use of chemical treatments,



although it is given a little tender loving care.

Manufacturing organic meat products such as sausages or bacon also calls for organic measures. All of the curing must be done following organic regulations and using organic ingredients and no artificial additives, preservatives or dyes are allowed in the final processing.

Organic meat producers tend to sell their products to small establishments, at farmers' markets or on their farms because often they do not have the volume to consistently supply large restaurants or supermarkets. However, some restaurants, butchers and health-food stores contract local organic farmers for a regular supply of organic meat, which guarantees a market and a source for both parties.

When restaurants and stores advertise that their meat is organic, consumers should be aware that it could just be "natural". Unfortunately, some business people truly believe that hormone-free and additive-free meat is indeed organic meat. The only way a consumer can be guaranteed that the meat is organic is to confirm the organic body that certified it.

SOUTHWESTERN ONTARIO

(areas around Brantford, Chatham, Guelph, Huron-Bruce, Kitchener-Waterloo, London, Owen Sound, Sarnia, Simcoe, Stratford and Windsor)

Brantford area

(including Burford and Paris)

General Store

5 Varadi Ave., Brantford, Ont., N3R 7N6
(519) 759-2491

☛ bulk foods, processed foods

Kenny's Health Foods

1277 Colborne St. W., Burford, Ont., N3T 5L7
(519) 449-5161

☛ meat, bulk foods, processed foods, beverages

Paris Health Food Store

77 Grand River St. N., Paris, Ont., N3L 2M3
(519) 442-7817

☛ all categories

Source

423 Colborne St., Brantford, Ont., N3S 3N5
(519) 756-5030
fax (519) 756-8741

☛ dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages

Chatham

Alternative Choices to Health Nutrition & Fitness

429 St. Clair St., Chatham, Ont., N7L 3K4
(519) 436-6333
fax (519) 436-2449

☛ all categories

Healthy Habit

451 St. Clair St., Chatham, Ont., N7L 3K6
(519) 436-6260
packaged foods, processed foods, frozen foods, beverages

National Health Stores

75 Keil Dr. S., Chatham, Ont., N7M 3G9
(519) 354-0006

☛ dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Guelph area

(including Erin and Fergus)

Crosland Organic Farms

6168 Wellington Rd. 29, Fergus, Ont., N1M 2W5
(519) 787-3280

☛ produce, processed foods

Homeopathic Clinic & Health Food

7 Speedvale Ave. E., Guelph, Ont., N1H 1J2
(519) 763-5469

☛ bulk foods, packaged foods, processed foods, beverages

New Age Health Food Store

122 Wyndham St. N., Guelph, Ont., N1H 4E8
(519) 763-0763

☛ dairy/eggs, packaged foods, processed foods, beverages, baked goods

Rowe Farm Meats

135 St. David St. S., Fergus, Ont., N1M 2L4
(519) 843-7631
fax (519) 843-7691
cnfisher@on.aibn.com

☛ produce, dairy/eggs, packaged foods, processed foods, frozen foods, beverages

Stone Store Natural Foods

14 Commercial St., Guelph, Ont., N1H 2T7
(519) 821-2120

☛ produce, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods





Treehaven Natural Foods

104 Main St., Erin, Ont.,
N0B 1T0
(519) 833-9006

☛ all categories



Vege-Hut

355 Elmira St. N., Guelph,
Ont., N1K 1H3
(519) 837-2334

☛ baked goods

Huron-Bruce area

(including Ayton, Durham,
Goderich, Kincardine,
Listowel, Mount Forest,
Walkerton and Wingham)

**Back to the Future in
Health**

913 Yonge St. S., Walkerton,
Ont., N0G 2V0
(519) 881-3030

☛ produce, meat, dairy/
eggs, packaged foods,
processed foods, frozen
foods, beverages

Chicory Common

180 Garafraxa St. S.,
Durham, Ont., N0G 1R0
(519) 369-2046

☛ all categories

Cowan's Country Store

125 Wallace St. N., Listowel,
Ont., N4W 1K8
(519) 291-2118

☛ dairy/eggs, bulk foods,
packaged foods, processed
foods, frozen foods,
beverages, baked goods

Cowan's Country Store

66 Hamilton St., Goderich,
Ont., N7A 1P9
(519) 524-7561

☛ dairy/eggs, bulk foods,
packaged foods, processed
foods, frozen foods,
beverages, baked goods

E & S Health Bar

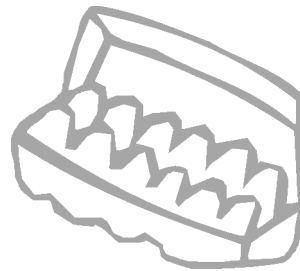
112 Main St. N., Mount
Forest, Ont., N0G 2L0
(519) 323-4971

☛ meat, bulk foods,
packaged foods, processed
foods, frozen foods,
beverages

Filsinger Natural Foods

R.R. #3, Ayton, Ont.,
N0G 1C0
(519) 665-7763

☛ produce, dairy/eggs,
bulk foods, packaged foods,
processed foods, frozen
foods, beverages



**Fine Fettle Natural Foods
& Health Products**

948 Queen St., Kincardine,
Ont., N2Z 2Y2
(519) 396-9600

☛ produce, meat, dairy/
eggs, bulk foods, packaged
foods, frozen foods,
beverages

For the Health of It

1200 Yonge St. S., P.O. Box
1212, Walkerton, Ont.,
N0G 2V0
(519) 881-0522

☛ packaged foods, processed
foods

**Graydon's Bulk & Natural
Foods**

352 Durham St. E.,
Walkerton, Ont., N0G 2V0
(519) 881-3663

☛ bulk foods

Healthward Bound

40 East St., Goderich, Ont.,
N7A 1N3
(519) 524-6651

☛ produce, dairy/eggs, bulk
foods, packaged foods,
processed foods, frozen
foods, beverages

Pandora's Pantry Natural Foods

222 Josephine St., Wingham, Ont., N0G 2W0
(519) 357-3466

☞ dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages

Pandora's Pantry

120 Inkerman St. E., Listowel, Ont., N4W 2L9
(519) 291-4920

☞ dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Kitchener-Waterloo area

(including Cambridge, Elmira and New Hamburg)

Country Bulk

1448 Cedar Creek Rd., Cambridge, Ont., N1R 5S5
(519) 740-1512

☞ bulk foods

Country Bulk

2900 King St. E., Kitchener, Ont., N2A 1A7
(519) 894-3838

☞ bulk foods, packaged foods

Doon Health Food Store

601 Doon Village Rd., Unit 6B, Kitchener, Ont., N2P 1T6
(519) 893-6335

☞ bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Eating Well Organically

104 King St. S., Waterloo, Ont., N2J 1P5
(519) 883-0734
fax (519) 883-0735

☞ all categories

Ebytown Food Co-op

(members only)
Building A4, 280 Phillip St., Waterloo, Ont., N2L 3X1
(519) 886-8806

☞ produce (CSA seasonal), dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Fiddleheads Health & Nutrition

438 Highland Rd. W., Kitchener, Ont., N2M 3C7
(519) 749-8473

☞ bulk foods, packaged foods, processed foods, beverages

Full Circle Foods

3 Charles St. W., Kitchener, Ont., N2G 1H1
(519) 744-5331

☞ all categories

Green Valley Health and Herbs

9A Church St. E., Elmira, Ont., N3B 1N3
(519) 669-1480

☞ bulk foods, packaged foods, beverages, baked goods



Kara's Smart Foods

579 Erbsville Rd., Waterloo, Ont., N2J 3Z4
(open 3 days a week at the St. Jacob's Farmers' Market — Tues., Thurs. and Sat., 6 a.m. - 3:30 p.m.)
(519) 725-5595

☞ produce, beverages

Living Resources

Highway 7 West, New Hamburg, Ont., N0B 2G0
(519) 662-3970

☞ bulk foods

Natuheal

185 King St. E., Kitchener, Ont., N2G 2K8
(519) 744-1601

☞ produce, dairy/eggs, bulk foods, processed foods, beverages

Check out our website for a searchable database of this consumer's guide at www.organicadvocates.org



Natural Food Market

75 Bridgeport Rd. E.,
Waterloo, Ont., N2J 2K1
(519) 884-1811

fax (519) 884-8512

www.naturalfoodmarket.com



☛ produce, dairy/eggs,
bulk foods, packaged foods,
processed foods, frozen
foods, beverages, baked
goods

Old Kitchen Cupboard

710 Belmont St. W.,
Kitchener, Ont., N2M 1P2
(519) 745-7765

☛ produce, dairy/eggs,
bulk foods, packaged foods,
processed foods, frozen
foods, beverages, baked
goods

Pfenning's Organic & More

1760 Erb's Rd., Kitchener,
Ont., N0B 2L0
(519) 725-4282

☛ all categories

Sears Health Food & Fitness Shops

200 Fairway Rd. S., Fairview
Mall, Kitchener, Ont.,
N2C 1W9
(519) 894-2300

☛ packaged foods, processed
foods, beverages

Sunrise Mills Natural Foods

1033 King St. E., Cambridge,
Ont., N3H 3P5
(519) 653-6661

☛ meat, dairy/eggs, bulk
foods, packaged foods,
processed foods, beverages,
baked goods

Town Pantry

179 Union St., New
Hamburg, Ont., N0B 2G0
(519) 662-3875

☛ bulk foods, packaged
foods, processed foods,
frozen foods, beverages,
baked goods

Country Bulk

332 Wellington Rd. S.,
London, Ont., N6C 4P6
(519) 434-9298

☛ bulk foods

Country Health Foods

376 Main St. S., Exeter, Ont.,
N0M 1S7
(519) 235-3996

☛ dairy/eggs, bulk foods,
packaged foods, processed
foods, beverages

Creery Foods

979 Dundas St., London,
Ont., N5W 3A2
(519) 455-2010

☛ packaged foods, processed
foods

London area

(including Arva, Aylmer,
Exeter, St. Thomas and
Woodstock)

Arva Flour Mills Ltd.

2042 Elgin St., Arva, Ont.,
N0M 1C0
(519) 660-0199

☛ packaged foods

Body Mind & Spirit Store

567 Richmond St., London,
Ont., N6A 3G2
(519) 434-4260

☛ bulk foods, packaged
foods, processed foods,
beverages, baked goods

Danfield's Organic Market

Covent Garden Market,
130 King St., London, Ont.,
N6A 1C5
(519) 645-1137

fax (519) 645-2838
info@danfields.com
www.danfields.on.ca

☛ all categories

Grains Beans and Things

268 Piccadilly St., London,
Ont., N6A 1S4
(519) 679-1001

☛ meat, dairy/eggs, bulk
foods, packaged foods,
processed foods, frozen
foods, beverages, baked
goods

London Co-op Store

(members only)
621 Princess Ave., London,
Ont., N5W 3L9
(519) 679-0570

☛ all categories

Lyn-Dys Health Food

919 Oxford St. E., London,
Ont., N6A 5M1
(519) 455-5573

☛ all categories

**Maya Health Food Centre
& Dutch Shop**

55 Ingersoll Rd., Woodstock,
Ont., N4S 2R1
(519) 537-6041

☛ bulk foods, frozen foods

**Mister Natural Health
Foods**

41 Talbot St. E., Aylmer,
Ont., N5H 1H3
(519) 773-3223

☛ bulk foods, packaged
foods

**Mister Natural Health
Foods**

248 Talbot St., St. Thomas,
Ont., N5P 1B2
(519) 633-3344

☛ bulk foods, packaged
foods, processed foods

**Quarter Masters Natural
Food Store**

176 Wortley Rd., London,
Ont., N6C 3P7
(519) 438-6306

☛ all categories

**Sears Health Food &
Fitness Shops**

1600 Richmond St. N.,
London, Ont., N6G 3Y9
(519) 667-4710

☛ packaged foods, processed
foods, beverages

Owen Sound area

(including Lion's Head,
Markdale, Port Elgin and
Thornbury)

**Fiesta Natural Food
Market**

31 Bruce St. S., Thornbury,
Ont., N0H 2P0
(519) 599-1133

☛ produce, dairy/eggs,
bulk foods, packaged foods,
processed foods, frozen
foods, beverages, baked
goods

Food for Thought

1 Scott St., Lion's Head,
Ont., N0H 1W0
(519) 793-4412

☛ bulk foods, packaged
foods, beverages

Idyll Café & Bakery

25 Main St. E., Markdale,
Ont., N0C 1H0
(519) 986-4881

☛ produce, dairy/eggs, bulk
foods, baked goods

Northern Health Foods

(Lawson's)
236 8 St. E., Owen Sound,
Ont., N4K 1L1
(519) 376-7628

☛ produce, meat, dairy/
eggs, bulk foods, packaged
foods, processed foods,
frozen foods, beverages



**Supplements Health Food
and Information Store**

644 Mill St., Port Elgin, Ont.,
N0H 2C0
(519) 389-9355

☛ bulk foods, packaged
foods, processed foods,
frozen foods, beverages,
baked goods

Susan's

15 Main St. W., Markdale,
Ont., N0C 1H0
(519) 986-3133

☛ dairy/eggs, bulk foods,
beverages

Sarnia area

(including Petrolia)

Earth and Health Co.

1206 Lakeshore Rd., Sarnia,
Ont., N7S 2L2
(519) 542-4640
fax (519) 542-9659

☛ meat, dairy/eggs, bulk
foods, packaged foods,
frozen foods, beverages



Olive Tree Health Food Store

4211 Petrolia St., Petrolia, Ont., N0N 1R0
(519) 882-4499

☞ processed foods, beverages



Simcoe area

(including Hagersville and Port Dover)

General Store

14 Argyle St., Simcoe, Ont., N3Y 1V5
(519) 426-9879

☞ bulk foods

Grain Barrel

317 Main St., Port Dover, Ont., N0A 1N0
(519) 583-0038

☞ bulk foods, packaged foods, processed foods, beverages

Hewitt's Dairy

128 King St. E., Hagersville, Ont., N0A 1H0
(905) 768-3524

☞ bulk foods, packaged foods, processed foods, frozen foods, baked goods

Simcoe Natural Foods

23 Kent St. S., Simcoe, Ont., N3Y 2X7
(519) 428-2077

☞ dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Stratford area

(including Milverton and Tavistock)

Country Bulk

925 Ontario St., Stratford, Ont., N5A 5W6
(519) 690-3806

☞ bulk foods

Gentle Rain

30 Rebecca St., Stratford, Ont., N5A 3P1
(519) 271-0388

☞ all categories

Natural Food Market

4 Main St. N., Milverton, Ont., N0K 1M0
(519) 595-8732

☞ bulk foods (can order foods from Waterloo store)

Oak Manor Farms

R.R. 1, Tavistock, Ont., N0B 2R0
(519) 662-2385

☞ bulk foods, packaged foods

Windsor area

(including Essex and Kingsville)

Alternative Choices for Your Health

2665 Howard Ave., Windsor, Ont., N8X 4Z3
(519) 969-8343
fax (519) 969-6947

☞ packaged foods, processed foods, beverages

Ashton's Organic & Natural Foods

1614 Lesperance Rd., Windsor, Ont., N8N 1Y3
(519) 979-2955
www.ashtons.on.ca

☞ all categories

Bulk Barn

7201 Tecumseh Rd. E., Windsor, Ont., N8T 1E6
(519) 974-1023
fax (519) 969-0295

☞ bulk foods, packaged foods, processed foods, beverages, baked goods

To learn about certified-organic meat, please see the sidebar on page 32.

Bulk Food Warehouse

13 Main St. E., Kingsville,
Ont., N9Y 1A1
(519) 733-5666

☛ packaged foods, processed
foods, beverages

**Connel's Nutrition &
Health Centre**

35 Victoria Ave., Essex, Ont.,
N8M 1M4
(519) 886-4115

☛ dairy/eggs, bulk foods,
packaged foods, baked goods

**Medel Brothers Quality
Meats**

2940 Dominion St., Windsor,
Ont., N9E 2M8
(519) 966-2670

☛ meat

Nutrition House

Devonshire Mall, Windsor,
Ont., N8X 3Y8
(519) 969-3526
fax (519) 969-3526
www.nutritionhouse.com

☛ packaged foods, processed
foods

**Sears Health Food &
Fitness Shops**

3050 Howard Ave.,
Devonshire Mall, Windsor,
Ont., N8X 3Y7
(519) 966-2822

☛ packaged foods, processed
foods, beverages



Twin Pines

3174 Dougall Rd., Gateway
Plaza, Windsor, Ont.,
N9E 1S6
(519) 969-6683
fax (519) 969-6841

☛ produce, meat, dairy/
eggs, packaged foods,
processed foods, frozen
foods, beverages





CENTRAL ONTARIO

(areas around Hamilton, Lake Simcoe, Newmarket, Oakville, Orangeville, Oshawa and St. Catharines-Niagara Falls)



Hamilton area

(including Ancaster, Burlington, Caledonia, Dundas, Grimsby and Stoney Creek)

Alternative Choices for Your Health

3550 Dundas St., Burlington, Ont., L7M 4B8
(905) 315-8395
fax (905) 315-8394
alternativechoices@on.aibn.com

🌿 packaged foods, processed foods, frozen foods, beverages, baked goods

Barry's Nutrition Centre

345 Argyle St. S., Caledonia, Ont., N3W 1L8
(905) 765-2003

🌿 packaged foods

Burlington Health Foods

3350 Fairview St., Burlington, Ont., L7N 3L5
(905) 632-8600

🌿 dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Compleat Pantry

1242 Garner Rd. W., Ancaster, Ont., L9G 3K9
(905) 648-2002

🌿 produce, packaged foods, processed foods, frozen foods, beverages

Good Earth Shop

2 Main St. W., Grimsby, Ont., L3M 1R4
(905) 945-9391

🌿 dairy/eggs, bulk foods, packaged foods, frozen foods, beverages, baked goods

Goodness Me Natural Food Market

880 Upper Wentworth St., Hamilton, Ont., L9A 5H2
(905) 388-8400

🌿 all categories

Horn of Plenty

24 King St. W., Dundas, Ont., L9H 1T7
(905) 627-9980
horn@hwcn.org

🌿 meat, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Marci's Muffins

Hamilton Farmers' Market, Hamilton, Ont., L8R 3K7
(905) 525-9111

🌿 baked goods



Nature's Basket Natural Foods

29 Plains St. W., Burlington, Ont., L7T 1E8
(905) 333-0995

🌿 produce, meat, dairy/eggs, bulk foods, packaged foods, processed foods, beverages, baked goods

Nature's Goodness

1685 Main St. W., Hamilton, Ont., L8S 1G5
(905) 308-7971

🌿 dairy/eggs, bulk foods, packaged foods, frozen foods, beverages

Nature's Goodness

905 Rymal St. E., Hamilton, Ont., L8W 3M2
(905) 387-8500

🌿 dairy/eggs, bulk foods, packaged foods, frozen foods, beverages

Nature's Goodness

826 Queenston Rd., Stoney Creek, Ont., L8G 4A8
(905) 662-3222

🌿 meat, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Nature's Goodness

Battlefield Square, Stoney Creek, Ont., L8G 4A9
(905) 662-3222

☞ dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Lake Simcoe area

(including Barrie, Beaverton, Collingwood, Midland, Orillia, Sutton and Stayner)

Farmer's Kitchen

334 Simcoe St., Beaverton, Ont., L0K 1A0
(705) 426-7950

☞ bulk foods, packaged foods, baked goods

Gaudaur Natural Foods

17 Andrew St. N., Orillia, Ont., L3V 5H9
(705) 325-7143

☞ all categories

Mighty Herb

338 King St., Midland, Ont., L4R 3M8
(705) 526-4372

☞ all categories

Sutton's Pantry

20887 Dalton Rd., Sutton Plaza, Sutton, Ont., L0E 1R0
(905) 722-3867

☞ produce, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Wheat & Honey Natural Health Foods

58 Hurontario St., Collingwood, Ont., L9Y 2L6
(705) 445-5566

☞ meat, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Wheatheart Health Food Store

348 Main St. E., Stayner, Ont., L0M 1S0
(705) 428-6642

☞ dairy/eggs, bulk foods, packaged foods, baked goods

➤ **All categories** include produce, meat, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages and baked goods

Newmarket area

(including Alliston, Aurora, Stouffville, Tottenham and Uxbridge)



Ambrosia Natural Foods

16925 Yonge St., Newmarket, Ont., L3Y 5Y1
(905) 898-5262

☞ dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Crossroads Health & Nutrition

222 Main St. S., Newmarket, Ont., L3Y 3Z3
(905) 898-3689

☞ all categories

Hallelujah Organics Inc.

110 Pony Drive, Newmarket, Ont., L3Y 7B6
(905) 953-7900 or

1-888-607-3734

matthews@neptune.on.ca
www.hallelujah.on.ca

☞ produce, meat, dairy/eggs, packaged foods, processed foods, frozen foods, beverages, baked goods



Marie's Natural Gardens

34A Brock St. W., Uxbridge,
Ont., L9P 1P3
(905) 852-7173

mariepersaud@yahoo.ca

☛ produce, meat, dairy/
eggs, packaged foods,
processed foods, frozen
foods, beverages, baked
goods

Natural Choice

80 Victoria St. W., Alliston,
Ont., L9R 1S6
(705) 435-2300

☛ produce, beverages, baked
goods

Nature's Bins & Barrels

222 Main St. S., Newmarket,
Ont., L3Y 3A3
(905) 898-3689

☛ all categories plus a juice
bar

Nature's Emporium Inc.

16655 Yonge St.,
Newmarket, Ont., L3X 1V6
(905) 898-1844
fax (905) 898-0237

☛ all categories

**Nature's Paradise Health
Foods**

14800 Yonge St., Aurora,
Ont., L4G 1N3
(905) 727-6541

☛ all categories



Snowball Organics

1344 Wellington St. W.,
Aurora, Ont., L7B 1K5
(905) 727-9297

☛ all categories

Tottenham Health Foods

133 Queen St. S.,
Tottenham, Ont., L0G 1W0
(905) 936-4477

harron@on.aibn.com

☛ produce, dairy/eggs, bulk
foods, packaged foods,
processed foods, frozen
foods, beverages, baked
goods

**True Food - Farm Store
and Market**

2499 York Rd. 30,
Stouffville, Ont., L4A 7X4
(905) 643-3383

fax (905) 642-1276

(outside Metro Toronto
1-888-257-FOOD and
fax 1-888-257-3316)

info@OrganicHomeDelivery.
com

www.OrganicHomeDelivery.
com

☛ all categories

**Alternatives Natural
Food Market**

579 Kerr St., Oakville, Ont.,
L6K 3E1

(905) 844-2375

fax (905) 844-2917

☛ all categories plus a
deli/café

Health for All

Bronte Village Mall,
Oakville, Ont., L6L 5V5
(905) 847-3111

☛ bulk foods, packaged
foods

Paradise Natural Foods

(The Health Shoppe)
500 Laurier St., Milton, Ont.,
L9T 4R3

(905) 878-3080

☛ produce, dairy/eggs,
bulk foods, packaged foods,
processed foods, frozen
foods, beverages, baked
goods

Orangeville

**Harmony Whole Foods
Market**

163 First St., Orangeville,
Ont., L9W 3J8
(519) 941-8961

fax (519) 941-5182

harmony@stn.net

☛ all categories plus a
deli/café

Oakville area

(including Milton)

Abbey Health Foods

1515 Rebecca St., Hopedale
Mall, Oakville, Ont., L6L 5G8
(905) 847-1938

☛ bulk foods, packaged
foods, processed foods,
beverages

Natural Choice

205 Broadway Ave.,
Orangeville, Ont., L9W 1K4
(519) 940-4100

☞ packaged foods, processed foods, beverages

Sunflower Health and Beauty Foods

1050 Simcoe St. N., Oshawa, Ont., L1G 4W5
(905) 571-5654

☞ bulk foods, packaged foods, processed foods, beverages, baked goods

Healthy Cupboard

110 Main St. W., Port Colborne, Ont., L3K 3V2
(905) 835-9806

☞ produce, dairy/eggs, packaged foods, processed foods, beverages, baked goods



Oshawa area

(including Bowmanville, Pickering and Whitby)

Sears Health Food & Fitness Shops

1355 Kingston Rd., Pickering Town Centre, Pickering, Ont., L1V 1B8
(905) 420-8000

☞ packaged foods, processed foods, beverages

Ye Olde Health Shoppe

116 King St. W., Bowmanville, Ont., L1C 1R5
(905) 623-6222

☞ dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Inner Natural

2275 Highway 20, R.R. #2, Welland, Ont., L3B 5N5
(905) 892-6898

☞ dairy/eggs, bulk foods, packaged foods, processed foods, beverages

Sears Health Food & Fitness Shops

419 King St. W., Oshawa, Ont., L1J 2K6
(905) 576-1711

☞ packaged foods, processed foods, beverages

Your Neighbour's Garden

2150 Thornton Rd. N., Oshawa, Ont., L1H 7K4
(905) 576-7650
fax (905) 576-5778

☞ all categories

Naturally Healthy

4025 Dorchester Rd., Niagara Falls, Ont., L2E 6N1
(905) 374-8919

☞ packaged foods, processed foods, frozen foods, beverages

Shisko's Country Produce

1575 Victoria St. W., Whitby, Ont., L1N 5R4
(905) 430-7672

☞ all categories

St. Catharines-Niagara Falls area

(including Port Colborne, Ridgeway, Vineland and Welland)

Health Wise

800 Niagara St., Welland, Ont., L3C 5Z4
(905) 735-4490

☞ dairy/eggs, bulk foods, packaged foods, frozen foods, beverages, baked goods

Nature's Goodness

2 Tremont Dr., St. Catharines, Ont., L2T 3B2
(905) 0829

☞ dairy/eggs, bulk foods, packaged foods, frozen foods, beverages

Nature's Harvest Natural Foods

Upper 3443 Main St., Vineland, Ont., L0R 2C0
(905) 562-3632

☞ bulk foods





Nature's Way

289 Ridge Rd. N., Ridgeway,
Ont., L0S 1N0
(905) 894-8983

🌿 bulk foods, packaged
foods



Peanut Mill

191 Welland St.,
St. Catharines, Ont.,
L2R 2P2
(905) 685-8848

🌿 produce, dairy/eggs,
packaged foods, processed
foods, frozen foods,
beverages, baked goods

**Sears Health Food &
Fitness Shops**

221 Glendale Ave., Pen
Centre, St. Catharines, Ont.,
L2T 2K9
(905) 682-6481

🌿 packaged foods, processed
foods, beverages

Vita Health Foods

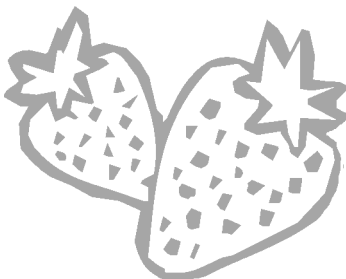
3714 Portage St., Niagara
Falls, Ont., L2J 2K9
(905) 357-1094

🌿 bulk foods, packaged
foods, processed foods,
frozen foods, beverages,
baked goods

Vital Health

3-3 Helliwell Line,
St. Catharines, Ont.,
L2R 7M4
(905) 682-6866

🌿 dairy/eggs, bulk foods,
beverages, baked goods



EASTERN ONTARIO

(areas around Bancroft, Belleville, Cornwall, Kawartha, Kingston, Pembroke, Peterborough and Smith Falls)

Bancroft

Harvest Moon Whole Foods

33 Station St., Bancroft, Ont., K0L 1C0
(613) 332-4334

☞ bulk foods, packaged foods, processed foods, beverages

Nan's Bulk & Basic Foods

23 Bridge St. W., Bancroft, Ont., K0L 1C0
(613) 332-3193

☞ produce, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages

For information on organic farmers' markets and community shared agriculture programs, see page 18.

Belleville area

(including Cobourg, Frankford, Picton, Trenton and Tweed)

Cobourg Health Shoppe

76 King St. W., Cobourg, Ont., K9A 2M3
(905) 373-0541

☞ meat, dairy/eggs, packaged foods, processed foods, frozen foods, beverages, baked goods

Country Sunshine

195 Picton Main St., Picton, Ont., K0K 2T0
(613) 476-5943

☞ dairy/eggs, packaged foods, processed foods, beverages, baked goods

Great Stoco & Moira Food Company

347 Victoria St. N., Tweed, Ont., K0K 3J0
(613) 478-3373

☞ dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Heritage Natural Foods

357 Front St., Belleville, Ont., K8N 2Z9
(613) 962-7232

☞ meat, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Natural Sequence

39 Dundas St. W., Trenton, Ont., K8V 3N9
(613) 394-2882

☞ bulk foods, beverages

Trent Valley Bulk and Natural Foods

21 Mill St., Frankford, Ont., K0K 2C0
(613) 398-7942

☞ packaged foods



Cornwall area

(including Berwick and Morrisburg)

Homestead Organics

1 Union St., Berwick, Ont., K0C 1G0
(613) 984-0480

☞ meat, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages

Lou's Pantry

147 Main St., Morrisburg, Ont., K0C 1X0
(613) 543-0459

☞ bulk foods, packaged foods, processed foods, beverages



Kawartha

(including Fenelon Falls and Minden)



Country Cupboard

9 May St., Fenelon Falls,
Ont., K0M 1N0
(705) 887-6644

☛ packaged foods, processed foods, beverages, baked goods

Storeroom Natural Foods

P.O. Box 509, 136 Main St.,
Minden, Ont., K0M 2K0
(705) 286-1424
fax (705) 286-4536
thestoreroom@halhinet.on.ca

☛ dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Kingston area

(including Napanee)

Mainstay Natural Foods

71 John St., Napanee, Ont.,
K7R 1P9
(613) 354-4769

☛ bulk foods, packaged foods, processed foods, beverages

National Health Stores

2815 Princess St., Kingston,
Ont., K7P 2S2
(613) 634-4400
fax (613) 634-6272
nationalhealthstores@
on.aibn

☛ packaged foods, processed foods, frozen foods

Nutrition Company

300 Bath Rd., Frontenac
Mall, Kingston, Ont.,
K7L 4X4
(613) 544-7330
fax (613) 544-7028

☛ bulk foods, packaged foods, processed foods, beverages

Nutrition House

1096 Princess St., Kingston,
Ont., K7L 1H2
(613) 549-6424
fax (613) 549-6424

☛ packaged foods, processed foods, beverages

Tara Natural Food

81 Princess St., Kingston,
Ont., K7L 1A6
(613) 546-4439

☛ all categories

Pembroke area

(including Barry's Bay,
Deep River and Petawawa)

Beyond Nutrition

3468 Petawawa Blvd.,
Petawawa, Ont., K8H 1X3
(613) 687-4335

☛ produce, meat, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages

Health Advantage

1107 Pembroke St. E.,
Pembroke, Ont., K8A 7R4
(613) 732-9298

☛ produce, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Healthy Herbs

622A Bruham Ave.,
Pembroke, Ont., K8A 4Z7
(613) 735-3957
orrin@nrtco.net

☛ baked goods

Pantry Savings Bulk & Health Food

55 Bay St., Barry's Bay, Ont.,
K0J 1B0
(613) 756-3813

☛ bulk foods, packaged foods



Simply Bulk

16 Ridge Rd., Deep River,
Ont., K0J 1P0
(613) 584-9097

☛ bulk foods, packaged foods, processed foods, frozen foods, beverages

Peterborough area

(including Lakefield)

Earth Food Store

406½ George St. N.,
Peterborough, Ont.,
K9H 3R5
(705) 740-2313

☛ bulk foods, frozen foods, beverages

Lakefield Pantry

44 Queen St., Lakefield,
Ont., K0L 2H0
(705) 652-6062

☛ bulk foods, beverages, baked goods

Main Ingredient

111 Hunter St. E.,
Peterborough, Ont.,
K9H 1G7
(705) 745-2135

☛ dairy/eggs, bulk foods, packaged foods, processed foods, beverages, baked goods

Main Ingredient

326 Charlotte St.,
Peterborough, Ont., K9J 2V7
(705) 745-5271

☛ dairy/eggs, bulk foods, packaged foods, processed foods, beverages, baked goods

Stickling's Bakery

R.R. #5, Peterborough, Ont.,
K9J 6X6
(705) 741-0777

☛ baked goods

Smith Falls area

(including Brockville,
Kemptville, Merrickville
and Perth)

Foodsmiths

33 Wilson St. W., Perth,
Ont., K7H 2N1
(613) 267-5409

☛ all categories

Haedae Farms

230 St. Lawrence St.,
Merrickville, Ont., K0G 1N0
(613) 269-4330

☛ all categories

Little Stream Bakery

667 Glen Tay Road, Box
2131, Perth, Ont., K7H 1R9
(613) 267-9712
bakery@littlestream.com
www.littlestream.com

☛ baked goods

Modern Times Natural Foods

2 Russell St. E., Smith Falls,
Ont., K7A 1E8
(613) 283-3612

☛ produce, dairy/eggs, bulk foods, packaged foods, processed foods, beverages, baked goods



Nature's Way Select Foods & Brewing Supplies

2676 County Rd. 43,
Kemptville, Ont., K0G 1J0
(613) 258-7772

fax (613) 258-7772

☛ dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

New Horizon Foods

163 Ormond St., Brockville,
Ont., K6V 2L2
(613) 342-6505

☛ produce, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

► **All categories**

include produce, meat, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages and baked goods



NORTHERN ONTARIO

(areas around Algoma, Kenora, Muskoka, North Bay, Sudbury, Thunder Bay and Timmins)



Algoma

(including Sault Ste. Marie and Wawa)

Health Keg

53 Broadway Ave., Wawa, Ont., P0S 1K0
(705) 856-2288

☞ dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Sears Health Food & Fitness Shops

293 Bay St., Station Mall, Sault Ste. Marie, Ont., P6A 1X3
(705) 949-7611

☞ packaged foods, processed foods, beverages

Kenora

Edgewater Natural Health

301 1 Ave. S., Kenora, Ont., P9N 1W2
(807) 467-2375

☞ bulk foods, processed foods, beverages

Juice Plus

130 Main St. S., Kenora, Ont., P9N 1S9
(807) 468-3831

☞ beverages

Natural Way

117 Matheson St. S., Kenora, Ont., P9N 1T9
(807) 468-4145

☞ packaged foods, beverages

Muskoka

(including Bracebridge, Huntsville, Parry Sound and Sundridge)

Georgian Bay Whole Foods

20 James St., Parry Sound, Ont., P2A 1T2
(705) 746-5584

☞ all categories (meat by special order)

Great Vine

32 Main St. E., Huntsville, Ont., P1H 2C8
(705) 789-3737

☞ produce, meat (by special order), dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages

Healthroots

56 Manitoba St., Bracebridge, Ont., P1L 1S1
(705) 645-7210

☞ meat, dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

Muskoka Natural Food Market

Bracebridge Shopping Centre, Bracebridge, Ont., P0B 1C0
(705) 645-5471

☞ all categories

Zak's Natural Foods

10 John St. (inside Sundridge IGA), Sundridge, Ont., P0A 1Z0
(705) 384-0884

☞ produce (every 2 weeks), dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages, baked goods

North Bay

Country Way

170 Main St. E., North Bay, Ont., P1B 1A8
(705) 476-3160

☞ dairy/eggs, bulk foods, packaged foods, processed foods, frozen foods, beverages

Health Food Store

Northgate Square, 1500
Fisher St., North Bay, Ont.,
P1B 2H3
(705) 472-7307

🌿 packaged foods, processed
foods, frozen foods,
beverages, baked goods

**Nature's Harvest Health
Food Store**

477-B Main St. E., North
Bay, Ont., P1B 1B6
(705) 497-3234

🌿 dairy/eggs, bulk foods,
frozen foods, beverages,
baked goods

Sudbury area

(including Espanola
and Gore Bay)

Durham Natural Foods

58 Durham St. S., Sudbury,
Ont., P3E 3M3
(705) 675-8774

🌿 all categories

Durham Natural Foods

1191 Montrose Ave.,
Sudbury, Ont., P3A 5J6
(705) 566-3820

🌿 all categories

Turn to page 22 to read
what products are
included in the bulk,
packaged and processed
foods categories.

Island Pantry

6 Dawson St., Gore Bay,
Ont., P0P 1H0
(705) 282-2817
www.islandpantry.com

🌿 bulk foods, packaged
foods, processed foods,
beverages, baked goods

Natural Choice

Espanola Shopping Mall,
Espanola, Ont., P0P 1C0
(705) 869-1232

🌿 packaged foods, processed
foods

Paris Natural Foods

1500 Paris St., Sudbury,
Ont., P3E 3B8
(705) 522-8891

🌿 bulk foods, packaged
foods

Thunder Bay area

(including Atikokan)

Kelly's Nutrition Centre

640 River St., Grandview
Mall, Thunder Bay, Ont.,
P7A 3S4
(807) 345-1333
fax (807) 345-9887

🌿 produce, dairy/eggs,
bulk foods, processed foods,
frozen foods, beverages

Nature's Corner

113 Main St. W., Atikokan,
Ont., P0T 1C0
(807) 597-8724

🌿 produce, bulk foods,
processed foods, beverages

Nature's Goodness

1020 Dawson Rd., County
Fair Plaza, Thunder Bay,
Ont., P7B 1K6
(807) 767-0161

🌿 dairy/eggs, bulk foods,
packaged foods, frozen
foods, beverages

Nutrition Corner

142 Centennial Square,
Thunder Bay, Ont., P7E 1H3
(807) 623-4333
fax (807) 623-5629

🌿 dairy/eggs, bulk foods,
packaged foods, processed
foods, frozen foods,
beverages

**Sears Health Food &
Fitness Shops**

880 Fort William Rd.,
Intercity Shopping Centre,
Thunder Bay, Ont., P7B 3A5
(807) 622-6811

🌿 packaged foods, processed
foods, beverages





Timmins area

(including Cochrane, Hearst, Iroquois Falls and Kapuskasing)



Au Naturel

34 Circle St., Kapuskasing, Ont., P5N 1T7
(705) 335-6933

🌿 packaged foods, processed foods

Healing Post Health Food Store

657 Cedar Ave., Iroquois Falls, Ont., P0K 1G0
(705) 232-4414

🌿 bulk foods, packaged foods, processed foods, baked goods

Healthy Choices

134A 3rd St., Cochrane, Ont., P0L 1C0
(705) 272-3588

🌿 dairy/eggs, bulk foods, packaged foods, processed foods, beverages, baked goods

Le Pole

3-907 Front St., Hearst, Ont., P0L 1N0
(705) 362-5886

🌿 produce, packaged foods, frozen foods, beverages, baked goods

