

**JULY 23RD – JULY 28TH 2018**

<b>ITEM</b>	<b>Special Price/100g</b>
<b>ORGANIC BROWN RICE, Long or Short Grain, Certified</b>	<b>\$0.89</b>
<b>DARK BROWN SUGAR</b>	<b>\$0.29</b>
<b>WHITE SUGAR, Granulated</b>	<b>\$0.18</b>
<b>ROASTED SUNFLOWER SEEDS, Salted or Unsalted</b>	<b>\$0.76</b>
<b>GINGER CHUNKS, Crystallized</b>	<b>\$1.39</b>
<b>MILLET, Hulled</b>	<b>\$0.27</b>
<b>12 GRAIN BREAD &amp; BUN MIX</b>	<b>\$0.32</b>
<b>BAKING SODA, Aluminum Free</b>	<b>\$0.22</b>
<b>WHOLE WHEAT FLOUR, Fine</b>	<b>\$0.20</b>
<b>GROUND BROWN FLAXSEED</b>	<b>\$0.40</b>
<b>SESAME SEEDS, Hulled</b>	<b>\$0.62</b>
<b>HICKORY SMOKED PAPRIKA</b>	<b>\$1.59</b>

***NEW*** – 2KG, 3KG & 5KG BAGS ALL READY TO GO – SAVINGS UP TO 35%

**DISCOUNT DAYS – TUESDAYS AND THURSDAYS! GET 10%  
DISCOUNT ON ALL BULK FOOD ITEMS, INCLUDING WEEKLY SPECIALS**

**CHECK IN WEEKLY FOR SPECIALS @ [WWW.SPRINGFIELDBULKFOODS.CA](http://WWW.SPRINGFIELDBULKFOODS.CA)  
OR 'LIKE' US ON FACEBOOK @ [WWW.FACEBOOK.COM/SPRINGFIELDBULKFOODS](http://WWW.FACEBOOK.COM/SPRINGFIELDBULKFOODS)**