

**Please provide your contact information.**

Name \_\_\_\_\_ Phone # \_\_\_\_\_  
 Street \_\_\_\_\_ PO Box \_\_\_\_\_  
 Community \_\_\_\_\_ Province \_\_\_\_\_  
 Postal Code \_\_\_\_\_ email \_\_\_\_\_

Free shipping on orders over \$60.00

Orders under \$60 are welcome with a \$15.00 freight adjustment.

Item Code	Product Description. All-Canadian, Gluten Free, and GMO Free.	Unit Size	Price	Number of Units Ordered	Extended Cost
401	Easy to Use Recipe Booklet's for Flax Flour, All-Purpose Flour & Pancake and Cookie Mix FREE ON-LINE @ www.flaxflour.com/recipes				
2001	Flax n' Apple Soap & Shaving Bar <i>"Vegan's choice; no residue"</i>	1 bar	\$6.00		
2061	BROWN flax flour	400 g	\$6.25		
2321	GOLDEN flax flour	400 g	\$6.25		
2032	BROWN flax flour	1.2 kg	\$15.25		
2332	GOLDEN flax flour	1.2 kg	\$15.25		
204	BROWN flax flour	6 kg	\$51.75		
234	GOLDEN flax flour	6 kg	\$51.75		
20110	BROWN flax seeds	500 g	\$6.50		
23110	GOLDEN flax seeds	500 g	\$6.50		
20114	BROWN flax seeds	1.8 kg	\$16.50		
23114	GOLDEN flax seeds	1.8 kg	\$16.50		
320472	All-Purpose Flour Blend	800 g	\$12.75		
32041	All-Purpose Flour Blend	1.6 kg	\$20.75		
32047	All-Purpose Flour Blend "super-smooth, easy to use, 1 to 1 wheat flour replacement."	6 kg	\$60.50		
3501	all-Canadian Breakfast Cereal *NEW	400 g	\$8.75		
3502	all-Canadian Breakfast Cereal *NEW	800 g	\$12.75		
3102	Pancake & Cookie Mix "Taste of NS Product of the Year 2016"	500 g	\$8.50		
31044	Pancake & Cookie Mix	800 g	\$12.75		
3104	Pancake & Cookie Mix	1.6 kg	\$20.75		
904	Acadian Maple Syrup	250 ml	\$8.25		
2742	Shake & Smoothie Booster: a delicious blend of cranberry, blueberry & flax	300 g	\$8.75		
900	Terra Beata Dried Blueberries	100 g	\$5.25		
902	Terra Beata Dried Cranberries	375 g	\$8.25		
9051	Manitoba Wild Rice	500 g	\$23.85		
300191	Oat Groats - Gluten Free	1.7 kg	\$17.75		
30015	Oats Whole Rolled – Gluten Free	1.0 kg	\$16.00		
300123	Oat Meal – Gluten Free	1.2 kg	\$17.75		
300251	Corn Flour	500 g	\$8.00		
30025	Corn Flour	1.5 kg	\$17.25		
300721	Buckwheat Flour, light	500 g	\$8.00		
30074	Buckwheat Flour, light	1.8 kg	\$22.75		
300722	Buckwheat Groats	500 g	\$7.85		
30076	Buckwheat Groats	1.7 kg	\$21.75		
620	Valley Flax for Horses	1.2 kg	\$14.50		
621	Valley Flax for Horses	6 kg	\$50.25		
			Subtotal:		
Apply Promo Code # _____			(subtract this discount from subtotal, if applicable)		-
If your order is under \$60 before discount, add \$15.00 for shipping			(only apply for orders under \$60)		(+\$15.00)

**TO ORDER:**

By Phone: 1-866-825-8256  
 By email: [mailorder@flaxflour.com](mailto:mailorder@flaxflour.com)  
 By Fax: 1(902)825-6114

**We accept credit card, cheque or e-transfer: Payment must clear before the order can be shipped.**

**Credit Card #:** \_\_\_\_\_

**expiry date:** \_\_\_\_\_ **CVV** \_\_\_\_\_

**Other sizes are available for most Valley Kitchen products. Just call or email for pricing information.**



Above: Valley Flaxflour Ltd. Mill and Valley Kitchen Retail Store in Middleton NS.

Below: Owners Howard and Wendy



**Retail Open Mon-Fri 8:30-4:30**

**Valley Flaxflour Ltd.**  
**POBox 89, 188 Marshall Street**  
**Middleton, NS B0S 1P0**  
**Ph: (902)825-1528**  
**Fax: (902) 825-6114**  
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