

Ordering Valley flax flour from your food service supplier

Is it really “as easy as eating”?

Why not give flax a try?

- Mix milled flax into cold cereal
- Stir into hot cooked oatmeal, or other cooked cereal;
- Stir into yogurt and applesauce;
- Blend into smoothies and shakes;
- Bake into bread, pizza dough, cakes, cupcakes, muffins, cookies, pastries, and many other baked goods.



6 kg of flax flour is equal to approximately 60 cups

Sysco product Codes (Canada)	FLOUR GRAIN FLAX GOLDEN MILLED, VLYFLAX, 1 x 6 KG	5719267
	FLOUR GRAIN FLAX BROWN MILLED, VLYFLAX, 1 x 6 KG	7793961

Armstrong product codes (Atlantic only)	FLOUR FLAX FINE MILLED GOLDEN	1 x 6 KG	182608
	FLAX FLOUR BROWN	1 x 6 KG	182596
	FLOUR FLAX FINE MILLED GOLDEN	2 x 1.2 KG	182615

GFS product codes (Atlantic only)	FLAX FLOUR GOLDEN MILLED, FINE SIFTED	1 x 6 KG	1235091
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If your food service provider does not offer Valley flax flour, we will ship directly to your location, anywhere in Canada, at cost competitive pricing.

email: sales@flaxflour.com

website: www.flaxflour.com

local phone 902-825-1528

toll free long distance 1-866-825-8256



Freshly milled and sifted, Valley flax flour is stable for up to 1 year at room temperature. We recommend using our milled flax within 6 weeks of opening the bag. Otherwise, be sure to refrigerate the flax as soon as you receive it from your supplier so that it doesn't deteriorate from setting at room temperature.