



A couple of years ago, **Earth's Own** made the tough decision to remove the gluten-free claim on their Oat M*lks because of inconsistent oat supply. At the time of the switch, they shared how they would work to return to sourcing gluten-free oats once supply stabilized, which is soon going to happen!

This past week they announced their 1.75L Chilled Oat M*lks (Original, Vanilla, Chocolate) will soon be labeled as gluten-free, as well as glyphosate-free. The shelf-stable 946ml Oat M*lks (Original, Vanilla, Chocolate), and Oat Barista will also transition to gluten-free but will take longer to find on shelves.

When in doubt, check the label out. Anything labeled 'gluten-free' is 100% gluten-free.



Locally harvested popcorn anyone? If so, good news as we have managed to get our hands on local **Silver Rill Popcorn** - direct from their farm in Saanichton. Hand crafted, NON-GMO, and not sprayed with pesticides.

These are the popping methods Silver Rill has tested with success:

- Typical Popcorn Machine
- Stove-top with Pot and Oil
- Paper Bag in Microwave

They claim a 90% or higher popping success rate... see how high you can get with your method ;)



Do you like Boursin Spreadable Cheese? If you've tried it, you're likely to be a big fan. **Cowichan Station Creamery** recently released their newest product, and it can somewhat be compared to that - it's their very own **Scream Cheese!** It's a spreadable,

herb-filled, whipped Goooddaahhh inspired cheese... consider it the perfect cracker topper!. You'll find it conveniently located across from the first cash register in the deli cooler... taunting you as your order is being run through the till.



Ready for a protein bar that has it all? **TRUBAR** has the taste and the nutrition, and is perfect for a snack on the go! These flavours sound as fun and yummy as they sound: ***Get in My Belly PB & Jelly, Smother Fudger Peanut Butter, Daydreaming About Donuts & Oh Oh Cookie Dough.*** TRUBAR super natural bars are 100% plant fueled and Vegan Certified.



This next item you may find quite intriguing... that's because it's a pourable mozzarella. This plant milk mozza is the secret to a perfectly melty, lactose free cheesy pizza! **Miyokos Pourable Mozzarella Flavour** product is crafted from organic cultured cashew milk, and the end result will be a cheesy layer that bubbles, browns, and tastes delicious. No dairy, soy, gluten or lactose.



While we're discussing **Miyoko's**, let's enlighten you about a couple of more products you may not have been aware of: **Nut-Free Salted Plant-Based Butter** (Sunflower Oil & Oat Milk Spread), as well as **Classic Chive & Cheddar Flavoured** Cheese Spreads. All three of these items are made of organic cultured cashew milk, and have the same attributes as above as being organic, vegan, and having no dairy, soy, gluten or lactose.



The final item for this week, ended up on our shelf thanks to a loyal customer request (you know who you are ;) and as always, Pepper's is happy to accommodate. **Spread'EM Classic Greek-Style Cheese Alternative** is a fresh and versatile crumbly block, similar to goat cheese without the goat. It also checks all the boxes of being vegan, dairy free & soy free. This item, along with the previous three items can all be found at the back of the store in the cooler at the end of aisle 1 across from the meat department.



Have a great week, and hope to see you in the store soon!



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