



To order, go to <https://kidston.hotlunches.net> and follow the instructions!

You will also be able to order Smoothies now and Pizza & Hot Lunches soon!

Hi! I'm Lesia Payne, the Kidston mom organizing this fundraiser (contact me at lesia.payne@gmail.com for any questions!). I've been ordering Rancho Vignola nuts since we lived in Saskatoon, and the quality is unmatched compared to grocery store nuts! Typically, you'd need to order at least 5 lb bags with a \$500 minimum to get the freshest crop, but through this fundraiser, you can try 1 or 2 lb bags while supporting Kidston PAC with **up to 75% profits!** Learn more about the company at <https://ranchovignola.com>.

****Order deadline is September 24th and is coming up fast! ****

ALSO PLEASE NOTE: products will not be delivered until November 15 - 30th! Just in time for the Holidays!



"Rancho Vignola has been offering the 'Best of the New Crop' since 1980. Company founders, Richard and Sue Vignola started out running a natural food store in Vernon, BC and eventually found their niche in natural food wholesales which led them to create a seasonal business that would allow customers to buy large quantities of the freshest, new crop nuts and dried fruit on the market."



\$16 - \$28 - \$61

Almonds – Raw Supreme 1,2 & 5 lbs - Bee Friendly

Our conventional almonds are steam pasteurized, with no PPO (propylene oxide). These almonds are the nonpareil variety – thin skin and larger than other varieties, known for their delicious sweet almond flavour. We have been sourcing our raw almonds from the same trusted supplier for over 20 years! Rancho's almonds are low in calories as far as nuts go, and they are a great source of dietary fibre and magnesium. Our almonds are great to incorporate into many meals, as a snack or to make some fresh almond milk!



\$18 - \$33 - \$72

Cashews– Raw 1,2 & 5 lbs

Cashews grow as a drupe, inside hard shells with the nut growing below the cashew apple. Processing cashews for consumption is very labour-intensive and very little is mechanized. While there is some by products produced during growing and processing, every part is used, helping to lower the environmental impacts to produce these delicious nuts so many love.



\$23 - \$40 - \$89

BC Grown) Hazelnuts - Raw 1, 2, & 5 lbs

BC-grown hazelnuts! After a devastating blight wiped them out in 2010, the industry is at last recovering and we're so happy to help support the local farmers. Hazelnuts are also known as filberts or cobnuts and are best known for their use in confectionery goods, but we like to use them in many savoury dishes as well. One of the oldest cultivated nuts, and still popular to this day for good reason, they're delicious! The hazelnut is different from other nuts in that it blooms and pollinates during the winter months. Our hazelnuts are nutrient dense and rich in protein, manganese and vitamin E.



\$47 - \$84

Macadamias – Dry Roasted, Salted - 1 & 2 lbs

Macadamia nuts are also known as bush nuts or maroochi nuts, native to Australia but now grown in numerous warm climates throughout the world. The macadamia is a hard nut to crack! The nut is dried in shell to reduce the moisture content and allow the nut to pull away from the shell.



\$9 - \$15 - \$34

Peanuts - Roasted Blanched and Salted - 1, 2 & 5 lb

Peanuts are nuts by name and culinary use only; botanically they are a legume – similar to peas, beans and lentils. Unlike most nuts, which are perennial, peanuts are annual and grow underground within the root system. In North America, peanuts and peanut butter are by and far the most popular nut choice. But they are found in many culinary dishes worldwide – great in curries, stir fries and crumbled onto a salad or even to make your own peanut butter.



\$27, \$48, \$107

Pecans – Raw, Jumbo Halves - 1, 2, & 5 lbs

These jumbo, sweet, buttery nuts are perfect for snacking, baking, and taste wonderful in salads. Pecans provide a near-perfect ratio of monounsaturated to saturated fat content and are rich in magnesium helping to reduce inflammation and improve cardiovascular health. They are a good source of zinc, vitamin E, vitamin A and phosphorus, all which help in the maintenance of healthy skin and hair. Pecans also contain the powerful antioxidant, manganese, helping to boost immunity and assist in nerve conduction and brain function. Raw pecans, like most raw nuts, should be stored in sealed containers in the freezer for optimal shelf life.



\$25, \$44, \$98

Pistachios – Dry Roasted, Salted, In Shell - 1, 2 & 5 lbs

Roasted-in-shell pistachios are generally eaten as snacks; being very rich in many nutrients these little delights are sure to be as satisfying as they are tasty! Plus the shells will slow you down to help prevent mindless snacking. Pistachios are rich in fibre, protein, thiamin, the B vitamins, iron, magnesium, phosphorus, potassium, copper and manganese, just to name a few!



\$15, \$26, \$57

Walnuts - Raw, Halves and Pieces - 1, 2, & 5 lbs

Although over fifteen walnut varieties exist, the most commercially available, and delicious, is the English variety. Walnut production is worldwide, with California as a major producer for more than a hundred years. Walnuts have been the focus of numerous medical studies, particularly in relation to prevention of heart disease and strokes.



\$10, \$18, \$39

Chia Seeds – Black – ORGANIC - 1, 2, & 5 lbs

Chia seeds come from the chia plant, one of the many members of the Salvia genus in the mint family (Lamiaceae). Cultivated and consumed by the Aztecs and their ancestors for millennia, chia's origins can be traced back to Mexico's central valley. The protein chia seeds contain, at around 20% by weight, one of the most complete proteins in the vegetable kingdom. They also contain about 35% fibre (most of it highly viscous insoluble fibre) and plenty of antioxidants! This natural combination of elements makes a perfect "shield" for the chia seed's uniquely high omega-3 content by protecting the oil from air, light and oxidation.



\$20, \$35, \$77

Pumpkin Seeds – Styrian, Raw, Hulled – ORGANIC - 1, 2, & 5 lbs

These nutritious seeds are packed full of flavour! A wonderful addition to so many recipes, the options are endless. Most commonly used in salads, granola, granola/trail mix bars, pumpkin seed milk, muffins and roasted or spiced on their own!



\$18, \$32, \$71

Apricots – Jumbo – ORGANIC - 1, 2, & 5 lbs

Apricots are extremely high in vitamin A and dietary fibre. Organic Turkish apricots are dark brown in colour from enzymic browning under sunlight and the lack of sulphur dioxide. Through careful drying and packing, enough moisture is retained to produce a very delicious fruit. Care must be taken in storing natural apricots, which can ferment easily if not kept in a cool environment.



\$20, \$36, \$80

Dates – Medjool – ORGANIC - 1, 2 & 5 lbs

Dates are fat-free, cholesterol-free and sodium-free, high in B-complex vitamins, magnesium, potassium, carbohydrates and a good source of dietary fibre. The Medjool variety is truly the gourmet date of the industry. Unquestionably the largest, juiciest and most flavourful date available. Originally from Morocco, the Medjool is now widely grown in southern California.



\$29, \$64

Almond Flour – Blanched, Extra Fine - 2 lb & 5 lbs

Our almond flour comes from the same long time trusted supplier as our conventional raw almonds. It's made from PPO-free almonds with the skins removed for a finer texture and uniform colour. Almond flour has become a must have in many people's baking arsenal. As it's made from finely ground almonds, it's still rich in protein, fiber, vitamin E, manganese, and antioxidants. It's also low in carbs and is a naturally gluten-free alternative for those who are sensitive to wheat flours.



\$13, \$28

Golden Cane Sugar – ORGANIC - 2 lbs & 5 lbs

Expanding on our baking line, we're happy to bring you another high-quality, fair trade product to fulfil more of your cooking needs. This golden cane sugar is technically called turbinado sugar, thus making it a better replacement for white sugar in most recipes than the other darker sugar options we offer. This sugar still has a slight caramel flavour that comes from the original molasses left over from the sugar cane, and it can add more depth of flavour to your kitchen creations when you use it as a white sugar replacement.



\$10, \$17

Whole Brown Sugar – ORGANIC - 2 & 5 lbs

Our fair trade, unrefined whole brown sugar is made from organic sugar cane in Peru. It's soft and fresh, sure to make your baking recipes even better!



\$12, \$21, \$47

Cranberries - Sweetened - 1, 2 & 5 lbs

Our large, moist and sweet cranberries are grown in Quebec and sweetened with cane sugar. Dried cranberries are low in fat and are a significant source of vitamin A given the serving size (3g for 1/3-cup of cranberries). They also provide vitamin E and trace amounts of iron, potassium and vitamin C. Enjoyed on their own as a snack or add to cereals, trail mixes, salads, compotes and use in baking.



\$9, \$15, \$34

Raisins - Thompson Jumbo - 1, 2, & 5 lbs

History points to 1873 as the year in which raisins first appeared by accident, when a massive heat wave dried the grapes on the vine and farmers were forced to market them or go bankrupt! Ongoing research on raisins shows that they contain an antioxidizing agent which is proving beneficial in the prevention of intestinal tumours and other disease.



\$28, \$49, \$109

Ranchos Trail Energy Mix – ORGANIC - 1, 2 & 5 lbs

Dry-roasted nuts; organic almonds, organic cashews, organic peanuts and organic hazelnuts, organic juice-sweetened cranberries (apple juice concentrate, sunflower oil), organic dark chocolate chips (raw cane sugar, 55% cocoa mass, cocoa butter.). Contains: Peanuts and tree nuts.



\$23, \$42, \$92

Milk Chocolate Almonds - 1, 2, & 5 lbs

Almonds provide an excellent source of vitamin E, manganese, magnesium, copper, riboflavin (B12), phosphorous, biotin and molybdenum. Add to that creamy sweet milk chocolate and these tasty morsels will disappear in no time at all! INGREDIENTS: Sugars (sugar, glucose), Roasted almonds (almonds, canola oil), Cocoa butter, Whole milk powder, Chocolate liquor, Powdered whey protein concentrate, Soy lecithin, Tapioca dextrin, Confectioner's glaze, Natural flavour.



\$20, \$36, \$79

Dark Chocolate Peanuts - 1, 2, & 5 lbs

Fresh roaste peanuts coated in dark chocolate. Ingredients: Roasted peanuts (peanuts, canola oil), Sugars (sugar, glucose), Chocolate liquor, Cocoa butter, Whole milk powder, Cocoa powder (processed with alkali), Soy lecithin, Tapioca dextrin, Confectioner's glaze, Natural Flavour



\$20, \$36, \$79

Tamari Almonds - 1, 2 & 5 lbs

Almonds, organic wheat-free tamari (water, organic soy beans, salt and organic alcohol). Contains: Tree nuts and soya.



\$27, \$49, \$108

Jalapeño Pistachios - 1, 2 & 5 lbs

In-shell jalapeño flavoured pistachios provide an addictive savoury heat. Ingredients: Pistachios, jalapeño salt, garlic. This is one of Lesia's favourites!

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