



Healthcare Purchasing Program

Happy Thanksgiving and Happy Halloween from all of us at Armstrong and Ideal FoodService. I would like to take a moment to remind everyone that Armstrong and Ideal will be closed for Thanksgiving on Monday October 12.

Thank you to all of our customers who were able to attend our annual Food Show on September 22. Again it was another great day with lots of entertainment, cost savings, food and prizes. Customers who purchased product at the show will receive a report of their purchases prior to the 6 weeks of shipping, which begins November 2nd and will continue until December 11th.

Please take a few minutes to review page 2 and 3 of your Updater. Armstrong and Ideal have changed the way we pack and distribute our produce. As of October 5th there will be new codes and pack sizes for our line of produce. Healthcare customers receive monthly produce pricing via fax and October's produce price list will reflect the changes to our produce. Please keep the inside pages of this Updater handy when you are making your next order. Online ordering users please be aware of the changes so you order the correct volume of product.

Please enjoy a few photos from the Food Show.



Rock N' Roll inspired Booth designs. To the right are the 2009 Best Booth Winner: Seann Gervason and Greg Sturk at the Cavendish Farms booth.

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The Updater



INDIVIDUALLY WRAPPED HALLOWEEN CANDY!

804198 **GANONG MARSHMALLOW WITCHES** 36x25g

804129 **HERSHEY MARSHMALLOW PUMPKINS** 36x31g





Changing to Serve you Better!

On October 5th we will be dramatically changing the way we sell produce. We will eliminate broken units of produce, instead, we will sell by the case or predetermined unit size described in the list below and on page 3. Please take note of the new codes for ordering and the new pack sizes.

Keep this list close when ordering your produce to ensure you are ordering the quantities that you need. Monthly Produce Price Lists are faxed to Healthcare Customers. If you are not receiving the fax please contact Elaine at 225-2043 with your information and fax number.

PREPACKS

PREPACK	PACK SIZE	CODE	PREPACK	PACK SIZE	CODE
APPLES GRAVENSTEIN	3 LB	302062	WATERMELON 60 ct	1 EACH	300175
APPLES CORTLAND	3 LB	302066	BROCCOLI	3's	302016
APPLES CORTLAND	5 LB	302068	CARROTS # 1	5 LB	302094
APPLES GRANNY SMITH	12's	302026	CARROTS # 1	2 LB	302090
APPLES MACINTOSH	3 LB	302032	CARROTS # 2	5 LB	302072
APPLES RED DELICIOUS	12's	302024	CARROTS MINI PEEL	12 oz.	302092
APPLES RED DELICIOUS	3 LB	302064	CAULIFLOWER	3's	302018
CANTALOUPE	3's	302036	CELERY	3's	302020
GRAPEFRUIT RED	4's	302034	CUCUMBER ENGLISH	3's	302028
HONEYDEW	3's	302030	CUCUMBER FIELD	3's	302004
KIWI SIZE 42	12's	302044	LETTUCE ICEBURG	3's	302000
LEMONS 138's	12's	302048	LETTUCE ROMAINE	3's	302014
LEMONS 88	12's	302046	MUSHROOMS CELLO	8 oz.	302086
LEMONS 100'S	12's	302070	ONIONS REG	5 LB	302084
LIMES SIZE 54	12's	302042	ONIONS REG	2 LB	302106
ORANGES 113's	12's	302050	ONIONS GREEN	6's	302022
ORANGES 138's	12's	302052	PARSLEY	6's	302100
ORANGES 56's	12's	302054	PARSNIPS	1 LB	302102
ORANGES 105's	12's	302056	SPINACH	10 oz.	302114
ORANGES 88's	12's	302038	RADISH	6 oz.	302112
PINEAPPLE SIZE 7	1 EACH	302040	TOMATOES GRAPE	1 Pint	302080

Weighed Items

WEIGHED ITEMS	PACK SIZE	CODE
BANANAS	3 LB AVG	302108
GRAPES RED 2LB avg	PER LB.	302058
GRAPES GREEN 2LB avg	PER LB.	302060
CABBAGE MEDIUM	10 LB AVG	302006
GARLIC CLOVES	PER LB.	302002
GINGER ROOT	PER LB	30288
ONIONS RED	5 LB AVG	302104
ONIONS SPANISH	5 LB AVG	302010
PEPPERS GREEN	3 LB AVG	302012
PEPPERS RED	3 LB AVG	302098
PEPPERS YELLOW	3 LB AVG	302096
POTATOES SWEET	10 LB AVG	302074
SQUASH BUTTERCUP	10 LB AVG	302076
TOMATOES 6x6	5 LB AVG	302008
TOMATOES HOT HOUSE	3 LB AVG	302082
TURNIP	10 LB AVG	302078
ZUCCHINI	5 LB AVG	302110

Non-Breakable Items

NON-BREAKABLE ITEMS	PACK SIZE	CODE
WEDGES APPLE	40X57G	300545
BEETS	10 LB	300640
CABBAGE LARGE	50 LB	300206
CARROTS JUMBO	50 LB	300225
MUSHROOMS LOCAL	5 LB	23811
ONIONS MED/LARGE	50 LB	300306
ONIONS REG	10 LB	300312
BAKER POTATOES	100 CT	300351
BAKER POTATOES	80 CT	300353
POTATOES #2	50 LB	300369
POTATOES LOCAL	10 LB	300367
POTATOES LOCAL	50 LB	300358
POTATOES #1 LARGE	50 LB	300366

Specialty Products

SPECIALTY PRODUCT	PACK SIZE	CODE
BABY LEAF SPINACH	4X2.5 LB*	300386
BEANS GREEN	25 LB*	300202
BEANS YELLOW WAX	25 LB*	300203
BLUEBERRIES	12X225G*	300177
BROCCOLI CROWNS	40 LB*	300201
BROCCOLI FLORETS	2X5 LB*	300244
CARROT STICKS	10X1 LB*	300607
CARROT STICKS	2X5 LB*	300605
CAULIFLOWER FLORETS	2X5 LB*	300217
CELERY STICKS	2X5 LB*	300249
GARLIC PEELED	4x5 LB*	300279
LEEKs	12's*	300645
SPRING MIX	3 LB*	300287
MUSHROOMS PORTABELLO	3 LB*	300291
SNOW PEAS	10 LB*	300387
TOFU	12X250G*	300393
APPLE WEDGES	6X750G*	300548

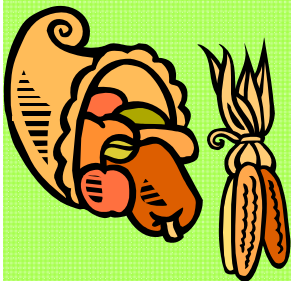
PRODUCE NOTES

ALL PRODUCE PRICING IS SUBJECT TO CHANGE WITHOUT NOTICE

TOS=Temporarily Out of Stock

* = Special Order Item

N/A = Not Available



Armstrong FoodService

PO Box 220
Kingston, NS B0P 1R0
Order Desk: 1.800.661.6331
Fax: 902.765.3856
www.oharmstrong.ca

Ideal FoodService

395 Keltic Drive
Sydney, NS B1L 1B8
Order Desk: 1.800.935.0257
Fax: 902.567.0257
www.idealfoods.ca

Contact Dietitian



elaine.horne@oharmstrong.ca




VEGIMAX

The **VEGIMAX** Pattie is a savoury vegetable and grain burger with a blend of mushrooms, water chestnuts, carrots, bell peppers, black olives, brown rice and rolled oats. 0% Trans Fat / low in fat a good source of protein, a source of fibre, and a source of 6 essential nutrients.

ARMSTRONG CODE I53392 PACKSIZE 4x12x64gm




172652
Chef Secret Zero Trans Fat Cavendish Fries
6x5lb




0 grams Trans Fat

"Every Cavendish Farms branded potato product is made using non-hydrogenated oil. That means serving Cavendish Farms french fries is good for you and your customers."


Tasty Batters

Lite n' Tasty

Delicious and Easy Muffin Batters.

As simple as thaw, scoop and bake! No fuss!

- 155110 8L Blueberry Bran
- 155075 8L Carrot
- 155071 Apple Bran
- 155079 Banana



OCTOBER'S BRAIN TEASER IS BROUGHT TO YOU BY



Q: WHAT DO YOU GET WHEN YOU DROP A PUMPKIN?



Send your answers to Elaine at elaine.horne@oharmstrong.ca or fax to 902-765-3865.



Win a Case of Maple Leaf FoodService's **CURLY'S PULLED PORK**. A versatile product that makes great pulled pork sandwiches and paninis!

122180 4.54kg Curly's Pulled Pork

September's Brain Teaser was brought to you by

The question was: *What do you call a stolen yam? The Answer: A Hot Potato!*

The Winner was Lisa Barry Seamone and Rose Cottage and will be receiving a case of cookies!