



ARMSTRONG FoodService

Nova Scotia Owned and Operated

#UPDATER

Healthcare Purchasing Program



Armstrong notes

Kayla Benoit

Healthcare / Childcare / School Specialist

kayla.benoit@oharmstrong.ca

Cell (902) 225-2043 Fax (902) 765-3856 Toll Free 1-800-661-6331

As we gradually Spring into Spring you will find a variety of wonderful featured products in this edition of March/April Updater to help you adjust to the forever fluctuating weather.

Congratulations to Oakwood Terrace for winning last issue's Brain Teaser! Be sure to enter our brain teaser question for a chance to win a Smuckers Gift Basket!

And remember, I am here to answer any questions you may have or assist in any way possible. Please do not hesitate to contact me!

Thank you,

Kayla Benoit
Healthcare/Childcare/School Specialist



QUESTION:

What cheese is made backwards?

Please send in your answers to win a case of Smuckers Gift Basket:
kayla.benoit@oharmstrong.ca

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Fine Coat 3/8" Straight Cut

Fine-Coat™



Code 171835



Cooking Instructions

Convection Oven
400°F (204°C) for 12 minutes



Comeau Haddock

We select these top quality Haddock from the cold waters of the North Atlantic. They are chosen for their distinctive taste. All natural; no preservatives or additives. They are individually packed and quick frozen. High quality s/p enables a variety of menu applications for white tablecloth restaurants, buffet table, cafeteria and for the chef's dinner special. Consistent pricing assures stable menu costing on a year round basis.

Product Details

OHA Code	Description	Net Weight Per Case	Pack	Count Per Case	SCC/UPC
165485	Haddock IQF 4-6oz	10lb	1 x 10lb	126	100-62763-01067-9 0-62763-01067-2

Comeau's Sea Foods Limited / Les produits de la mer Comeau Ltée

Saulnierville, Nova Scotia B0W 1Z0

Tel: (902) 769-2101 • Fax: (902) 769-3594

Email: info@comeausea.com • www.comeauseafoods.com



Consumers are looking for the healthy variety that Mott's Fruitsations* delivers



- Mott's Fruitsations* is part of the Health Check™ program
 - No Sugar Added
- Each cup equals one fruit serving
- All natural flavours and colours



OHA Code 189844

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Fruit Bowls On the Go!

Now Packed in 100% Fruit Juice!

- All Natural Fruit
- Naturally Cholesterol Free
- Naturally Low Sodium
- Packaged in Premium Fruit Juice
- No Artificial Colours or Flavours
- No Syrup or Artificial Sweeteners
 - Shelf Stable, Ready to Eat
 - Perfect Portion Controlled Size
- Conveniently Packaged in 36ct / 107ml
- Available in Fruit Salad in Juice and Mandarin Oranges in Juice



Fruit Salad:

OHA Code: 191776

Mandarin Oranges:

OHA Code: 191768

Actual product may not look the same as shown

Wake up
your
Breakfast

SMUCKER'S



Send a message to your customers without saying a word, serve Good Morning spreads and syrups at your restaurant. Good Morning portion control products offer great taste, value and quality in a range of products to complement your menu.

OHA CODE	DESCRIPTION	PACK SIZE
16ml SPREADS		
193325	STRAWBERRY	200 x 16ml
193327	RASPBERRY	200 x 16ml
10ml SPREADS		
193406	STRAWBERRY	200 x 10ml
193404	RASPBERRY	200 x 10ml
193402	ORANGE MARMALADE	200 x 10ml
193566	APPLE JELLY	200 x 10ml
193571	GRAPE JELLY	200 x 10ml
10ml LIGHT SPREADS		
193328	STRAWBERRY - LIGHT	200 x 10ml
193350	RASPBERRY - LIGHT	200 x 10ml
193360	MARMALADE - LIGHT	200 x 10ml
HONEY AND SYRUP		
194019	HONEY SPREAD	200 x 14g

WholeFruit[®]

PREMIUM FROZEN JUICE CUP



Nutrition Facts			
Serving Size 1 cup (4 fl oz / 118ml)			
Servings per Container 1			
		Orange Pineapple & Cherry Swirl	Mixed Berry & Lemon Swirl
Amount Per Serving			
Calories	70	70	
Calories from Fat	0	0	
	% DV*		% DV*
Total Fat	0g	0%	0g
Saturated Fat	0g	0%	0g
Trans Fat	0g		0g
Cholesterol	0mg	0%	0mg
Sodium	5g	0%	5g
Total Carbohydrate	18g	6%	18g
Dietary Fiber	3g	11%	3g
Sugars	15g		15g
Protein	0g		0g
Vitamin A		10%	6%
Vitamin C		100%	100%
Calcium		8%	8%
Iron		2%	2%

Healthier Than
You Think . . .

*Percent Daily Values are based on a 2,000 calorie diet.

PRODUCT INFORMATION

OHA Code	Description	Pack/Size	Case Weight	Cube	Case Dimensions	Pallet Count
174115	Wild Cherry	96 / 4 fl oz	19 lbs.	1.08	16.937 x 11.562 x 9.5	64(8x8)
175113	Strawberry Pomegranate	96 / 4 fl oz	19 lbs.	1.08	16.937 x 11.562 x 9.5	64(8x8)
175114	Orange Pineapple	96 / 4 fl oz	19 lbs.	1.08	16.937 x 11.562 x 9.5	64(8x8)
175115	Watermelon	96 / 4 fl oz	19 lbs.	1.08	16.937 x 11.562 x 9.5	64(8x8)
175116	Orange Pineapple & Cherry Swirl	96 / 4 fl oz	24 lbs.	1.08	16.937 x 11.562 x 9.5	64(8x8)
175117	Mixed Berry & Lemon Swirl	96 / 4 fl oz	24 lbs.	1.08	16.937 x 11.562 x 9.5	64(8x8)

Barbours[™]
EST 1867

Since 1867, G.E. Barbour Inc. of Sussex, New Brunswick has proudly and consistently produced the highest quality food products that Canadians love. Our 140 years of success is due to our first class employees, and you, our neighbours and loyal customers.

OHA Code	Description
657515	King Cole OP Tea 200/ 1/2 Gal, Each tea bag yields 10-12 cups of tea
94656	Martello Vanilla
193836	Emblem 10 kg Peanut Butter
200552	Barbours Almond Butter 12/460g
631250	Bluenose 2 Cup OP Tea 4 x 250



Robin Hood^{®/TM}



FOR ALL YOUR
PANCAKE NEEDS,
CHOOSE ROBIN HOOD!

OHA Code	Description	Pack Size
Deluxe Buttermilk Pancake Mix		
203834	Robin Hood Deluxe Buttermilk Pancake Mix	6 x 2 kg

For all your pancake needs,
Robin Hood has your pancake solution!



Build a better sandwich



foodservice

The Possibilities Are Endless...



OHA Code	Description	Pack Size
122885	MSD Ham (Main Street Deli Olde Fashioned Smoked Ham)	6 x 500 gm
42684	MSD Turkey (Main Street Deli Smoked Turkey)	6 x 500 gm

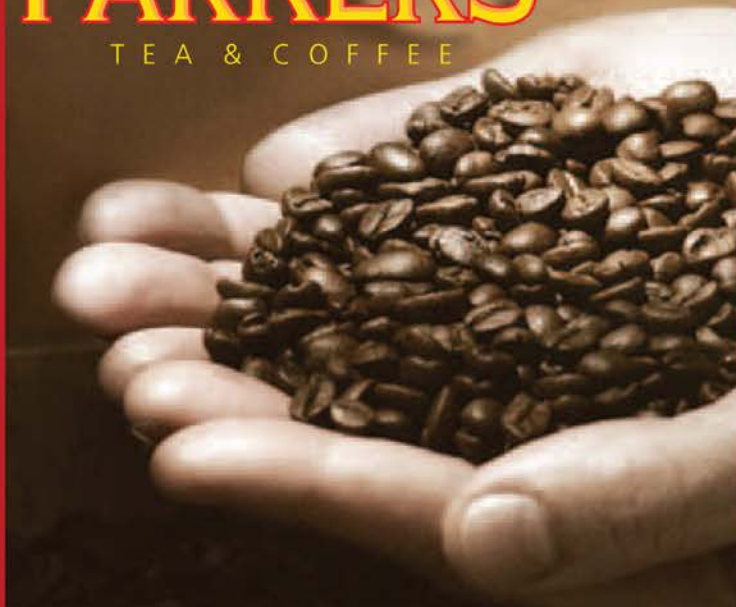


GENERAL MILLS

OHA Code	Description	Pack Size
41734 (New)	General Mills Gluten Free Rice Chex Bowl Pack	96 x 20g
189375	Nature Valley Granola Cereal With Fruit	4 x 1400g
86349	General Mills Cheerios Sleeve Pack	4 x 822g
186345	General Mills Cinnamon Toast Crunch Sleeve	4 x 1275g
186249	General Mills Lucky Charms Sleeve	4 x 992g
44914	Betty Crocker Gluten Free Chocolate Chip Cookie Mix	6 x 539g
44915	Betty Crocker Gluten Free Brownie Mix	6 x 454g

Mother PARKERS

TEA & COFFEE



208723	Coffee Irish Cream	16 x 2.5 oz
208872	Coffee Butter Pecan Mother Parkers	16 x 2.5 oz
208731	Coffee Vanilla Hazelnut Mother Parkers	16 x 2.5 oz
208842	Coffee Hazle Nut Vanilla Mother Parkers	18 x 2.25 oz
208276	Coffee Chocolate Caramel Mother Parkers	18 x 2.25 oz

We're on the Web!

Please visit our new and improved website . . .

www.oharmstrong.ca

