



# ARMSTRONG FoodService

*Nova Scotia Owned and Operated*

# THE UPDATER

## Healthcare Purchasing Program

## Nutrition Specialist *notes*

### Erica Baker

Healthcare, Childcare and School Specialist

[erica.baker@oharmstrong.ca](mailto:erica.baker@oharmstrong.ca)

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

With summer just around the corner, it is the perfect time to refresh your menus and tastebuds!

In this edition you will find some fabulous products to help make menu planning a little easier and hopefully inspire you to come up with some new creative ideas.

Be sure to enter our brain teaser question for a chance to win an Apple Valley product!

Thank You  
Erica Baker



### QUESTION:

Which vegetables name and first letter sound the same?

Send your answers in to [erica.baker@oharmstrong.ca](mailto:erica.baker@oharmstrong.ca) for your chance for a product from Apple Valley!

**Inside**  
**May - June 2017**  
**VOLUME 25**  
**ISSUE 8**

Armstrong Notes: P. 1

Brain Teaser: P. 1

Schneiders: P. 2

King Cole: P. 2

Harlan: P. 2

Website Info: P. 2





# Savoury

## BAKED GOODS

- Delicious taste with a subtle herb note
- Tender flaky crust
- Home-style gravy
- Seasoned cuts of turkey, chicken, beef and pork options
- Fresh and perfectly cooked vegetables

### • JMS BEEF MEAT PIE

Pack Size: 36 x 125 gm  
OHA Code: 124666

### • JMS CHICKEN MEAT PIE

Pack Size: 36 x 125 gm  
OHA Code: 124670



*Real Comfort Food*

Barbours

# KING COLE

Make yourself at home!



Everyday, our Tea Master selects only the best tea leaves from tea estates around the world and blends them to create our original tea blend - an Atlantic Canadian tradition for more than a century. In fact, he tastes over 100 cups of tea a day to ensure you always get a quality cup of tea!

Like us, Canadians know and love their tea. They pour a cup at the kitchen table and decompress with one on the go. We're thrilled that tea is still the go-to drink to share with a friend or to carve out a moment of peace for yourself. No matter where you are in the world, King Cole tea brings you back home.

OHA Code: 657515 - King Cole OP 1/2 gal Tea Pillow Pack - 200 x 1/2 gal

OHA Code: 208512 - King Cole Decaf Tea Bags - 1 x 250

OHA Code: 631200 - Bluenose Tea - 4 x 250

OHA Code: 108541 - King Cole Tea Orange Pekoe Tea - 4 x 240

# HARLAN

Only the finest ingredients are used to produce a light, mouth watering taste of homemade pastry.

All products are made with a unique vegetable oil base versus an animal fat base (lard).

From fruit pies to quiche to meat pies, there are endless recipes that can be created with just one tart shell sku.

| OHA Code | Description                     | Pack Size |
|----------|---------------------------------|-----------|
| 159206   | Tart Shell 2" Unsweetened Shell | 240 x 2"  |
| 159060   | Pie Shell 5" Deep               | 120's     |
| 159095   | Pie Shell 10"                   | 24 x 10"  |
| 159092   | Pie Shell 9" Deep               | 24 x 190g |



*We're on the Web!*

Please visit our new and improved website . . .

[www.oharmstrong.ca](http://www.oharmstrong.ca)

Now Servicing  
New Brunswick and PEI