



Go to www.qualitymarket.ca for the updated food list and our flyer with all the current special features.

Toll Free Phone#
1 855 622-2858

Send orders to:
foodorders@qualitymarket.ca

Hours of operation Mon-Fri 8am-9pm Sat. 8am- 6pm

Quality Market is a family owned business based out of Thunder Bay. The Stezenko family and their friendly staff have served the community since 1988 and are excited to begin delivery service throughout North Western Ontario. We're excited to announce that Quality Market has been chosen to work in conjunction with **Indian and Northern Affairs Canada** to be a Southern Supplier under the **Nutrition North Canada Subsidy Program** for remote First Nations. **See the NNC website** at <http://nutritionnorthcanada.ca/isr/index-eng.asp> for a list of eligible communities. (And program details.)

We are equally excited to announce a new collaboration with the **Nishnawbe Aski Nation** and the True North Community Cooperative. Quality Market and True North will be working closely with Grand Chief Stan Beardy and his team to provide a stream of healthy food to our regions First Nation.

Download the Food List from:

<http://www.qualitymarket.ca/cataloguedownload.html>

This lists the regular price for all products. Advertised and in store specials will ring through at a lower price. The list will be updated monthly.

Download the current flyer from:

http://www.qualitymarket.ca/files/QualityMarket_til_June_23.pdf .

These are our current specials. In addition to our advertised specials, we have hundreds of in-store specials that will ring through at a price that is lower than on the food list.

Pricing:

Northern customers will be charged the same base price as customers visiting the store in person. There will be two additional charges;

1. Freight.
2. Distribution Fee. This will be 7% on orders over \$200.00 and 9% on orders between- \$75-\$200.

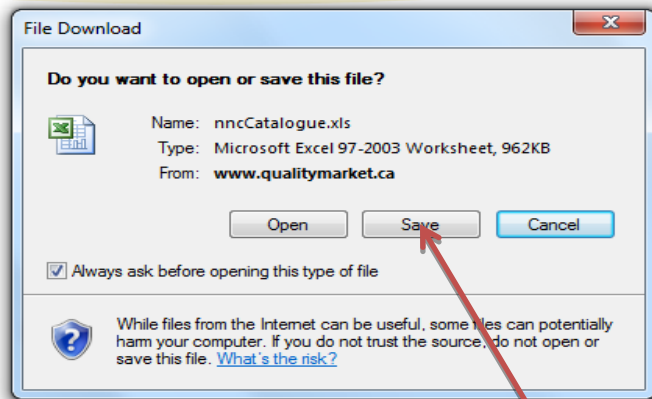
(\$75 pre-tax and excluding tobacco is the minimum order amount)

Payment will be required upfront using Visa, MasterCard or Amex. We hope to launch Interac On-line in the near future. Individuals placing orders will be responsible for tracking flight arrivals and being present to receive the order. **The air carrier cannot be held responsible if an order is not claimed.**

How to Use the Nutrition North Canada Subsidy Program Catalogue



Click on this link to download



Click save, and save it to your desk top

Now open the catalogue from your desk top

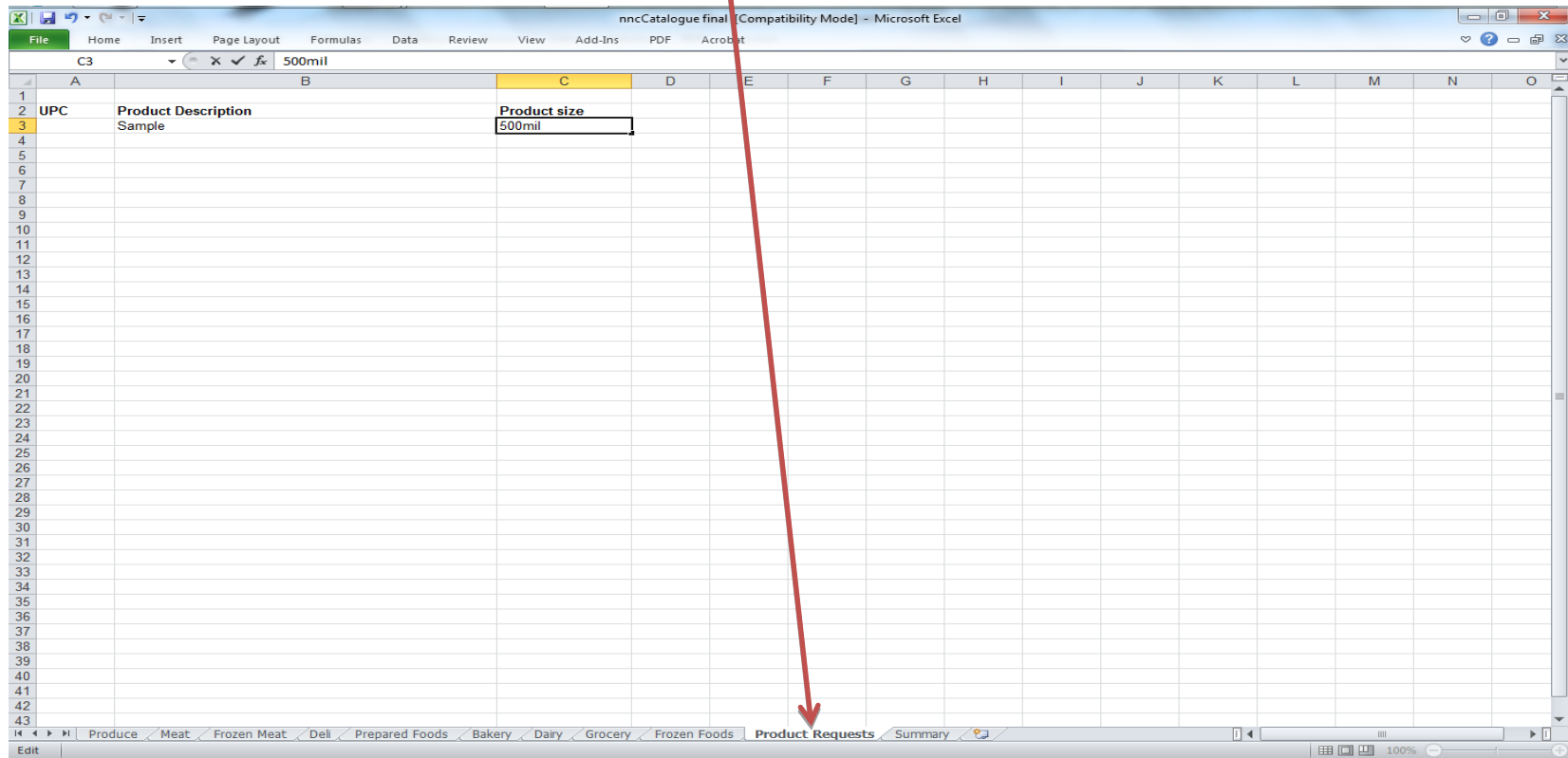
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	
1	PRODUCE																		
3	SALAD KITS/TOPPINGS		Size	Weight	HST	HS5	Sub	Price	Ordered	Total Weight	Total Cost								
4	05996600134	SALAD SENSATIONS RST WALNUTS	85 g	0.09	Y	N		3.49 / 1		0	0								
5	05996600135	SALAD SENSATIONS PECANS	85 g	0.10	Y	N		3.49 / 1		0	0								
6	05996600139	SALAD SENSATIONS GARLIC CAESAR	85 g	0.11	Y	N		3.49 / 1		0	0								
7	06854300002	ET TU SALAD KIT CAESAR	132 g	0.18	N	N	2	3.99 / 1		0	0								
8	78735917550	FRESH GOURMET CRISPY ONIONS	99 g	0.12	N	N		3.49 / 1		0	0								
9	78735917554	FRESH GOURMET TORTILLA STRIPS	99 g	0.12	N	N		3.49 / 1		0	0								
10	78735917556	FRESH GOURMET WONTON STRIPS	99 g	0.12	N	N		3.49 / 1		0	0								
11	HARD/CRISP/BREAD/CROU		Size	Weight	HST	HS5	Sub	Price	Ordered	Total Weight	Total Cost								
12	09830410019	CHATHAM CROUTONS GARLIC BUT	145 g	0.17	N	N	2	2.49 / 1		0	0								
13	09830410028	CHATHAM CROUTONS CAESAR	145 g	0.16	N	N	2	2.49 / 1		0	0								
14	09830410059	CHATHAM CROUTONS SEASONED	145 g	0.16	N	N	2	2.49 / 1		0	0								
15	78735910006	GOURMET CROUTONS CHEESE/GAR	142 g	0.17	N	N	2	2.99 / 1		0	0								
16	78735910008	GOURMET CROUTONS HERB	142 g	0.16	N	N	2	2.99 / 1		0	0								
17	78735910019	GOURMET CROUTONS CAESAR	142 g	0.16	N	N	2	2.99 / 1		0	0								
18	78735910024	FRESH GOURMET PARMESAN CAESAR	99 g	0.16	N	N	2	2.99 / 1		0	0								
19	APPLES		Size	Weight	HST	HS5	Sub	Price	Ordered	Total Weight	Total Cost								
20	03338344289	APPLE MCINTOSH -3lb	3 lb	1.36	N	N	1	4.99 / 1		0	0								
21	3438	APPLES AMBROSIA	1 kg	0.00	N	N	1	3.95 / kg		0	0								
22	3483	APPLES BRAEBURN	1 kg	0.00	N	N	1	3.95 / kg		0	0								
23	4015	APPLES RED DELICIOUS	1 kg	0.00	N	N	1	4.39 / kg		0	0								
24	4020	APPLES GOLDEN DELICIOUS	1 kg	0.00	N	N	1	4.39 / kg		0	0								
25	4128	APPLES PINK LADY	1 kg	0.00	N	N	1	4.39 / kg		0	0								
26	4133	APPLES ROYAL GALA	1 kg	0.00	N	N	1	4.39 / kg		0	0								
27	4152	APPLES MCINTOSH	1 kg	0.00	N	N	1	4.39 / kg		0	0								
28	BERRIES		Size	Weight	HST	HS5	Sub	Price	Ordered	Total Weight	Total Cost								
29	03338320027	BERRIES STRAW 454G	1 ea	0.58	N	N	1	3.99 / 1		0	0								
30	03338321000	BERRIES RASPBERRIES	170 g	0.19	N	N	1	3.99 / 1		0	0								
31	03338322001	BERRIES BLUEBERRIES	311 g	0.33	N	N	1	3.99 / 1		0	0								
32	03338324000	BERRIES BLACKBERRIES	170 g	0.18	N	N	1	3.99 / 1		0	0								
33	03338344542	BERRIES CRANBERRIES	340 g	0.34	N	N	1	5.00 / 2		0	0								
34	CITRUS		Size	Weight	HST	HS5	Sub	Price	Ordered	Total Weight	Total Cost								
35	02113000998	ORANGES BAG -4lb	4 lb	1.88	N	N	1	4.99 / 1		0	0								
36	03338300015	ORANGES BAG -4lb	4 lb	0.00	N	N	1	4.99 / 1		0	0								
37	3107	ORANGES NAVEL MEDIUM 88's	1 kg	0.00	N	N	1	3.73 / kg		0	0								
38	4012	ORANGES NAVEL LARGE 56's	1 kg	0.00	N	N	1	3.73 / kg		0	0								
39	4013	ORANGES NAVEL SMALL 138's	1 kg	0.00	N	N	1	2.84 / kg		0	0								
40	4027	GRAPEFRUIT RED/PINK -56'S	1 EA	0.00	N	N	1	0.99 / 1		0	0								
41	4048	LIMES	1 EA	0.07	N	N	1	1.95 / 3		0	0								

Scroll down for more selections

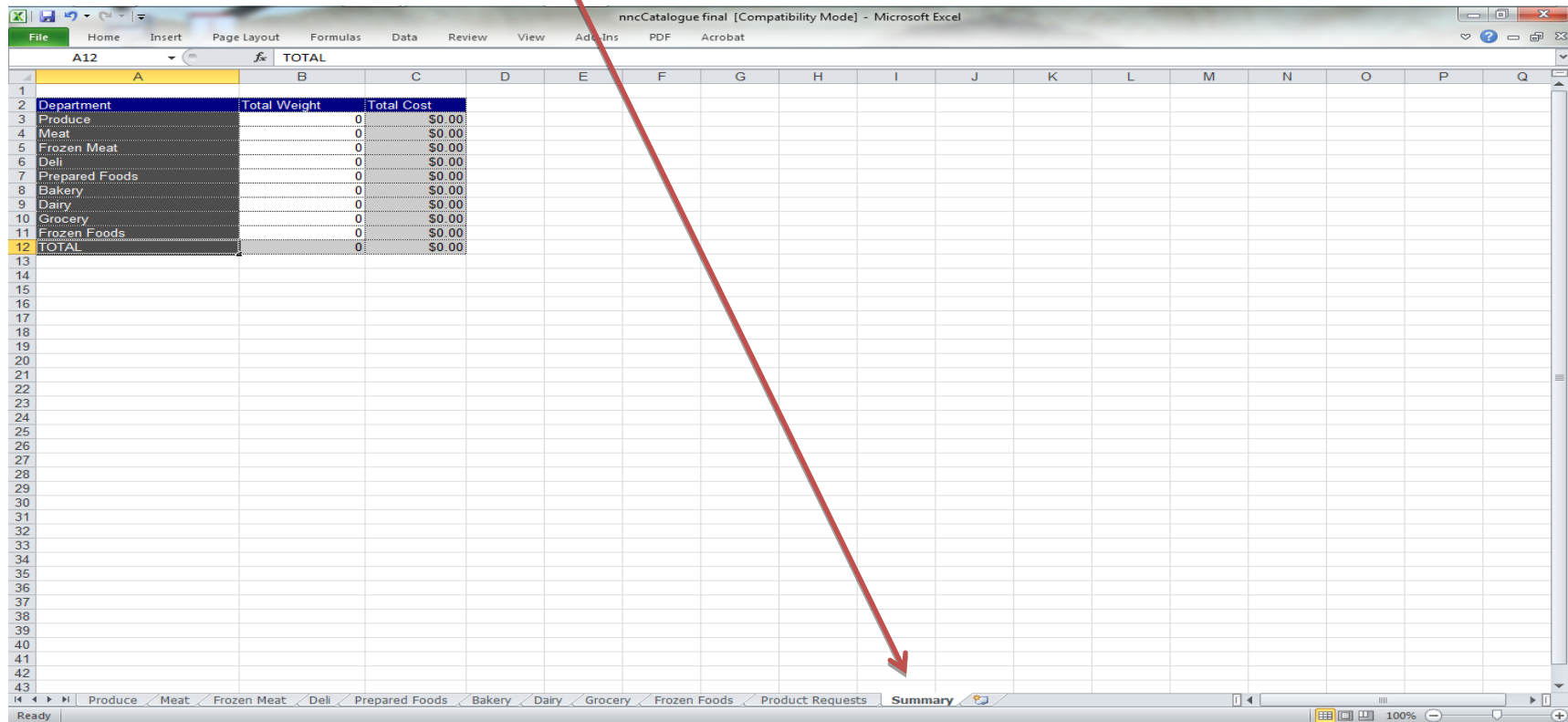
Step #1 Select tab for your desired choice

Step #2 Enter the quantity of each product you wish to purchase. Repeat this under each tab to complete your order.

If you can't find an item you want, click the **"Product Request tab"** and fill out your request. We'll do our best to fill as many as possible.



To view your food cost select the **Summary** tab .



Northern customers will be charged the same base price as customers visiting the store in person. There will be two additional charges;

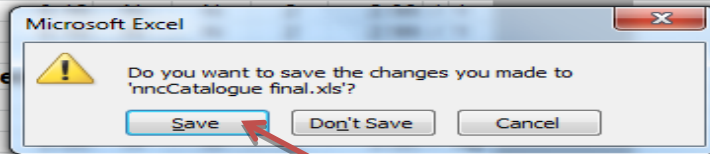
1. Freight.


2. Order fulfillment fee. This will be 7% on orders over \$200.00 and 9% on orders between \$75-\$200.

(\$75 pre-tax and excluding tobacco is the minimum order amount)

Saving and Sending your order in

S	99 g	0.12	N	N		3.49 / 1	0
S	99 g	0.12	N	N		3.49 / 1	0
	Size	Weight	HST	HS5	Sub	Price	
T	145 g	0.17	N	N	2	2.49 / 1	0
	145 g	0.16	N	N	2	2.49 / 1	0
	145 g	0.16	N	N	2	2.49 / 1	0
M	142 g	0.17	N	N	2	2.99 / 1	0
	142 g						0
	142 g						0
E	99 g						0
	Size	Weight					
	3 lb						0
	1 kg						0
	1 kg						0
	1 kg	0.00	N	N	1	4.39 / kg	0
	1 kg	0.00	N	N	1	4.39 / kg	0
	1 kg	0.00	N	N	1	4.39 / kg	0
	1 kg	0.00	N	N	1	4.39 / kg	0
	1 kg	0.00	N	N	1	4.39 / kg	0
	Size	Weight	HST	HS5	Sub	Price	
	1 ea	0.58	N	N	1	3.99 / 1	0
	170 g	0.19	N	N	1	3.99 / 1	0
	311 g	0.33	N	N	1	3.99 / 1	0



Step#1 close the catalogue by clicking on the .

Step#2 a new window will popup asking you to save the changes

Step#3 select **Save** or **yes**

If you are using Microsoft Outlook Express continue with section A

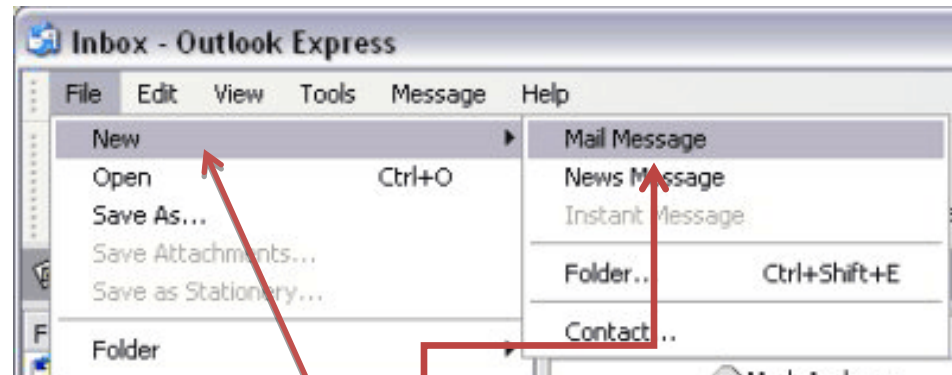
If you are using Microsoft Outlook 2003-2010 go to section B

If you are using Mozilla Thunderbird go to section C

(Section A)

Now to attach your order:

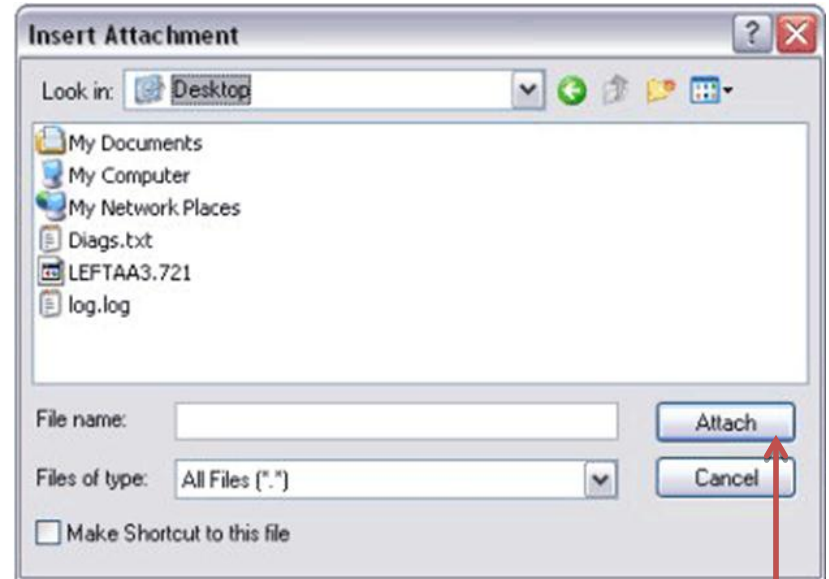
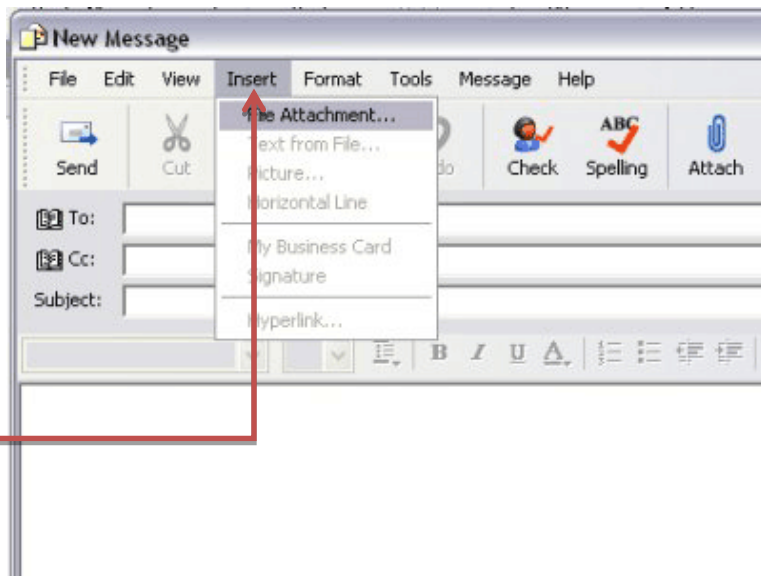
Step#1 Begin by opening **Microsoft Outlook Express**



Step#2 Click File

Step#3 Click New

Step#4 Click Mail Message, as shown



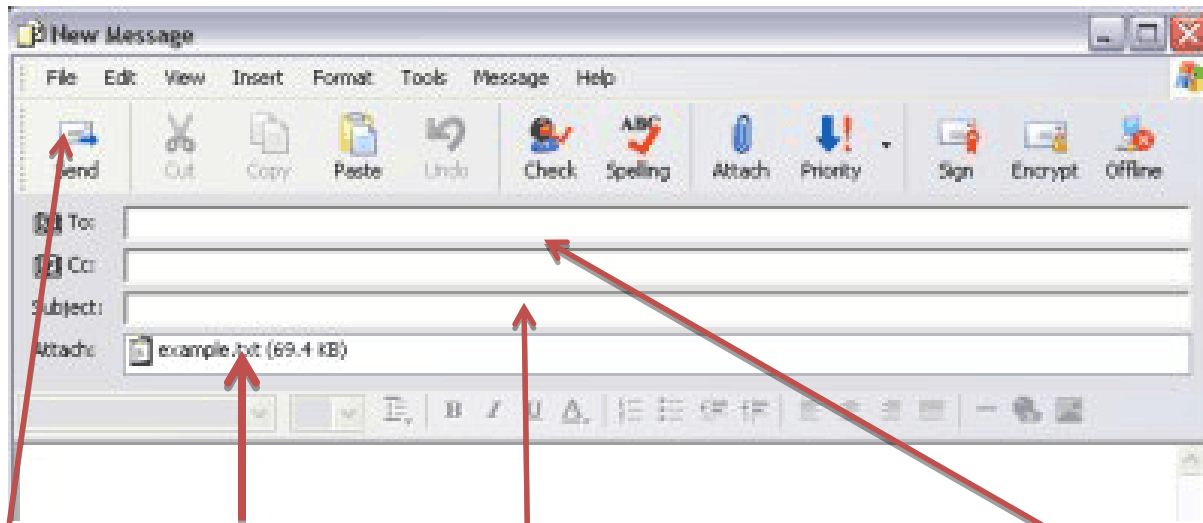
A new window will open labelled **New Message**.

Step#1 click **Insert**,

Step #2 click **File Attachment**. (on the drop down menu).

You will now be presented with the standard Windows file browser.

Locate the file NNC catalogue on your desktop click on it. Now click **Attach**



Your order will appear here

Step #1 Enter the email address foodorders@qualitymarket.ca here

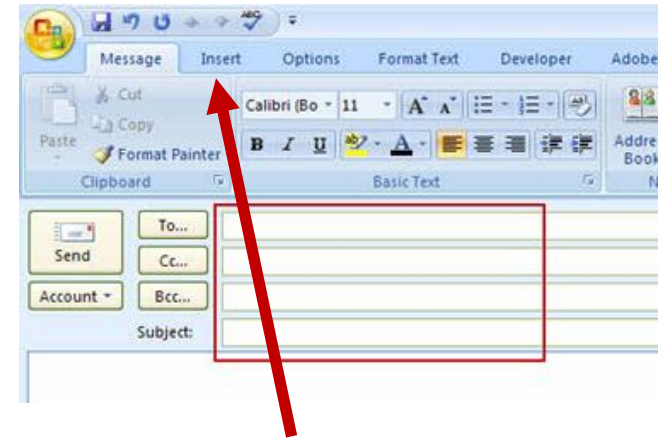
Step #2 In the subject field please type your community name your name and phone number. (To allow us to contact you for arrangements.)

Step #3 hit the send button, congratulations you are now done

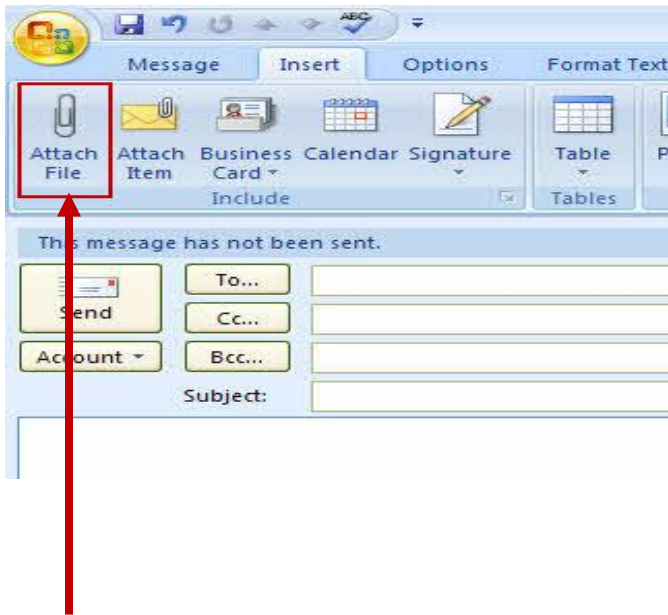
(Section B) Step#1 Begin by opening **Microsoft Outlook**



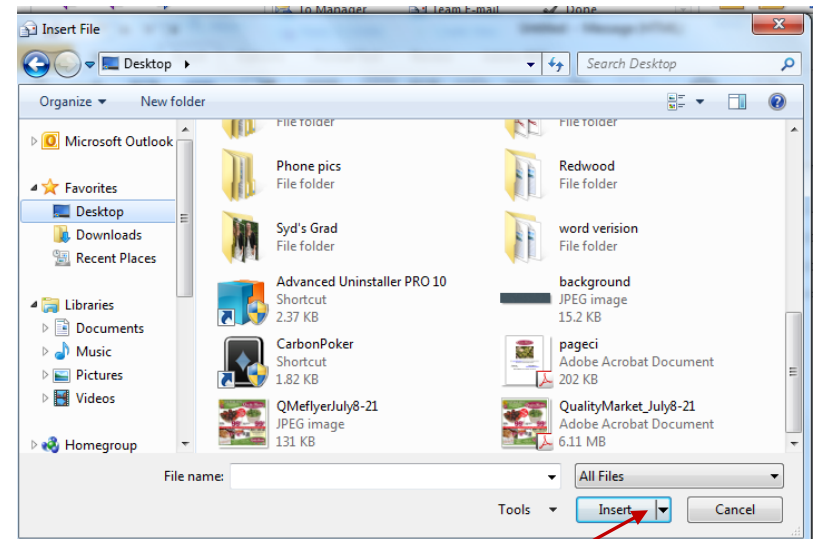
Step#2 Click New



Step#3 Click insert



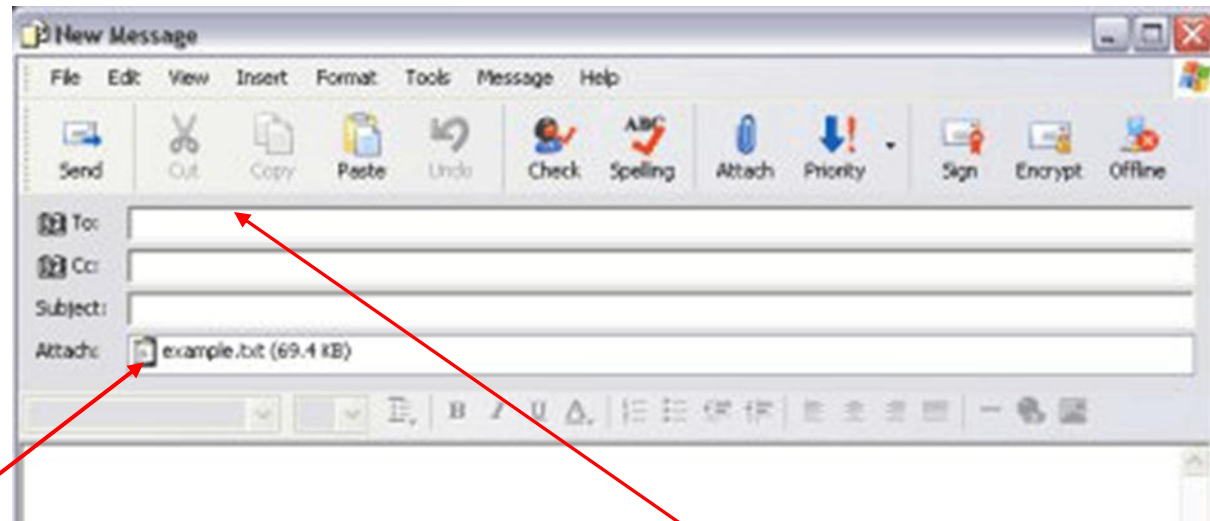
Step#4 Click Attach file



Step#5 Click insert

You will now be presented with the standard Windows file browser.

Locate the file NNC catalogue on your desktop click on it.



Your order will appear here

Step #1 Enter the email address
foodorders@qualitymarket.ca here

Step #2 In the subject field please type your community name your name and phone number. (To allow us to contact you for arrangements.)

Step #3 hit the send button, congratulations you are now done

(Section C)

Attaching your order using Mozilla Thunderbird e-mail follow the below steps.

Step #1 Open Mozilla Thunderbird.

Step #2 Click on compose a new e-mail by clicking on the Write icon in the top left portion of the window.

Step #3 in the e-mail, click on the 'Attach' icon that looks like a large paperclip at the top of the window.

Step #4 Browse to the desktop locate the NNC file to insert, highlight it, and click Ok.

If attached successfully, you should see the attached files listed in the attachments portion of the message.