




MORE HUMANE FOOD OPTIONS - ONTARIO

Store Name	Eggs	Chicken	Pork	Beef	Dairy Products	Other	Certifying Bodies
Cambridge							
Sunrise Mills Natural Foods 1033 King St. E., Cambridge (519) 653-6661							
Kitchener							
Pfenning's Organic and More 1760 Erb's road, Kitchener (519) 725-4282							
							
London							
Grains, Beans and Things 268 Piccadilly St., London (519) 679-1001							
London Co-op Store (members only) 621 Princess Ave., London (519) 679-0570	x	x	x	x			OCIA
Lyn-Dys Health Food 919 Oxford Street, London (519) 455-5573	x	x	x	x			OCPP, OCIA
Quarter Masters Natural Food Store 176 Wortley Road, London (519) 438-6306							
Oakville							
Whole Foods Market 301 Cornwall Road Oakville, Ontario 905.815.0266 www.wholefoods.com	x	x	x			Various certified organic products	
Orangeville							
Harmony Whole Foods Market 163 First Street, Orangeville (519) 941-8961 www.harmonymarkets.com	x	x	x	x	x		OCPP, QAI, OCIA
Ottawa							
Au Natural Stores 1020 St. Laurent Blvd., Ottawa (613) 742-6033						Meat by special order	

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Natural Food Pantry Westgate Mall, Ottawa (613) 728-1255						Meat by special order	
Ottawa Organic Farmers' Market Saturdays 10:00am - 2:00pm Ecole Parsifal School, Bank St. at Heron Rd., Ottawa naturalfooddepot@on.aibon.com	x	x		x		Sometimes certified organic bison, lamb and turkey is available. Pork - 75% organic, meaning they feed their pigs 75% organic grain, and 25% commercial bread	
Ottawa Organic Farmers' Market Saturdays 10am - 2pm Kingsway United Church 630 Island Church (613) 256-4150							
Organics Plus Natural Food Depot 304 Wilbrod St., Ottawa (613) 232-2116	x	x		x			OCIA
Toronto							
Baldwin Naturals 20 Baldwin St., Toronto (416) 979-1777							
Cumbræ Naturally Raised Fine Meats 481 Church Street, Toronto (416) 923-5600							
Essence of Life 50 Kensington Ave., Toronto (416) 204-1030							
Evergreen Natural Foods 513 St. Clair Ave. West, Toronto (416)536-2932 and 161 Roncesvalles, Toronto (416)534-2684	x	x	x	x	x	Small variety of fruits & Vegetables	
The Big Carrot Natural Food Market 348 Danforth Ave., Toronto (416) 466-2366	x	x	x	x	x	Fruits & vegetables	OCIA, OCPP, QAI
Whole Foods Market 87 Avenue Road, Box 320 Toronto, Ontario 416.944.0500 www.wholefoods.com	x	x	x			Various certified organic products	
Whitby							
Go Natural Health & Nutrition Centre 121 Brock Street North, Whitby (905) 668-2661							