



# Grace Organic and All Natural Coconut Products



Canadian  
Launch  
FALL 2014

This planet's most nutritious food is now in a wide range of products for everyday use. Our products are processed to the highest organic and natural standards and conveniently packaged for use in Canadian kitchens. The Organic Coconut Products lineup includes Organic Oil, Organic Coconut Sugar, Organic Coconut Flour, Organic Coconut Vinegar, Organic Coconut Milk, All Natural Coconut Chips and 100% Pure Coconut Water.

# WHY COCONUT?

Nearly one third of the world's population has depended on coconut to some degree for their food and economy for centuries. Coconut products were much maligned by the North American medical profession for decades because they contained saturated fat. However, once research discovered the differences between the saturated fat found in Coconut Oil and other saturated fats, Coconut Oil was endorsed by leading medical and media experts as a healthy way to protect against heart disease. Combined with the other nutritional benefits of coconut products such as fibre, protein, the ability to fight infections and beneficial uses for hair and skin, the demand for coconut products in North America has skyrocketed.



## GRACE ORGANIC COCONUT MILK



A sweet, milky white cooking base derived from the meat of mature coconuts. This rich milk is extracted by breaking down the white kernel of mature coconuts until the milk runs out. Grace Organic Coconut Milk can be used to make delicious rice, curry, desserts, soups and sauces. Coconut Milk provides the same benefits as Coconut Oil because of the high fat content that contains lauric acid and medium-chain fatty acids. Available in 400ml can.



## GRACE VIRGIN COCONUT OIL

Although it was previously thought that Coconut Oil was unhealthy, we now know that it is different from most other dietary fats and is actually a very nutritious health food. Why? Because Coconut Oil contains medium-chain fatty acids which have a positive effect on cholesterol and can help to lower the risk of both atherosclerosis and heart disease. Grace Virgin Coconut Oil is cold pressed to retain all the natural goodness in a 500ml glass jar.

## GRACE ORGANIC COCONUT SUGAR



A rich, unrefined natural sweetener with a slight hint of butterscotch and caramel. It is made from 100% nutrient rich sap collected from tender coconut flower buds. The sap is boiled until it turns into a granular form. The variations in colour and occasional clumps of sugar are a result of the hand crafted process. Grace Organic Coconut Sugar contains nutrients such as potassium, calcium and magnesium in small amounts. It also contains inulin which slows the rate of absorption and gives Coconut sugar a lower Glycemic Index than regular table sugar. Grace Coconut Sugar can be substituted in recipes for brown sugar.

Available in a 500g jar.



## GRACE ORGANIC COCONUT OIL

Grace Organic Coconut Oil cold pressed, virgin, unrefined oil. It is available in a 1L jar. Grace Organic Coconut Oil is cold pressed which preserves the natural goodness of coconuts. Virgin coconut oil is not refined, bleached or deodorized so that the lauric acid which stimulates metabolism remains intact. It transforms from a semi-solid state to liquid oil at 18 degrees Celsius. It can be used for cooking as well as applied to skin and hair.



## GRACE COCONUT CHIPS



Grace All Natural Coconut Chips are made from the meat of mature coconuts using a traditional process to preserve their natural goodness. The coconut meat is gently sliced and roasted under low temperature until it turns into crispy chips. The super food is high in lauric acid, low in sugar and contains zero cholesterol. With some cane sugar added to enhance flavour, these chips are excellent on their own as a healthy snack or sprinkled on top of yogurt, ice cream and desserts. Available in 40g pouch.

## GRACE ORGANIC COCONUT VINEGAR



Grace Organic Coconut Vinegar rounds out the Grace Coconut portfolio with a traditional coconut product that is created by the fermentation of 100% pure Coconut Water. It is 100% natural and does not contain any of the harmful substances that commercial vinegars may contain. Coconut Vinegar can be used in salad dressings or wherever other vinegars and lemon juice have been used. Grace Organic Coconut Vinegar can also be used as a marinade to add flavour and tenderize meats. It is available in a 400 ml bottle. Kosher, Gluten Free, Lactose Free and Vegan.

## GRACE ORGANIC COCONUT FLOUR



Grace Organic Coconut Flour is made from dried, ground coconut white meat from mature coconuts. Because of its health benefits, light coconut flavour and airy texture, Coconut Flour is becoming a substitute for wheat flour. Coconut Flour has double the fibre than whole grain flour which is mostly insoluble fibre which is critical in digestive health. It also has twice the amount of protein and offers all the benefits of the healthy fat found in Coconut Oil. Grace Organic Coconut Flour can be substituted up to 20% for wheat flour without affecting the end results and can be used in recipes to create gluten free baked goods.

## GRACE 100% PURE COCONUT WATER



Grace 100% Pure Coconut Water comes from the liquid of young, green coconuts with no water, sugar or preservatives added. Grace Coconut Water is nature's sports drink with less sugar, calories, sodium, and chemicals than commercial sports drinks. Coconut Water is an excellent source of five essential electrolytes that are often sweated out during exercise. As well as being an excellent source of hydration, Coconut Water is delicious and can be used as a mix in any cocktail or smoothie. Grace Coconut Water comes in 1L and 500 ml sizes.





**GRACE 100% PURE COCONUT WATER**  
**GRACE EAU DE COCO 100% PURE**

<b>GKO CODE</b>	416590
<b>PACK SIZE</b>	12 x 1L
<b>UPC</b>	0 55270 87000 6
<b>CASE UPC</b>	0 55270 87001 3
<b>CASE SCC</b>	100 55270 87000 3
<b>CASE DIMENSIONS</b>	25.8cm (L) x 23.6cm (W) x 32.7cm (H)
<b>CASE WEIGHT</b>	13.5kg (Gross) / 12.42 kg (Net)
<b>PALLET TIE</b>	14
<b>PALLET TIER</b>	7
<b>SHELF LIFE</b>	12 Months

**GRACE ORGANIC COCONUT MILK**  
**GRACE LAIT DE COCO BIOLOGIQUE**

<b>GKO CODE</b>	417212
<b>PACK SIZE</b>	9 x 400ml
<b>UPC</b>	0 55270 87606 0
<b>CASE UPC</b>	N/A
<b>CASE SCC</b>	1 00 55270 87606 7
<b>CASE DIMENSIONS</b>	24.5cm (L) x 23.2cm (W) x 11.5cm (H)
<b>CASE WEIGHT</b>	4.20kg (Gross) / 4.10kg (Net)
<b>PALLET TIE</b>	8
<b>PALLET TIER</b>	10
<b>SHELF LIFE</b>	24 Months

**GRACE 100% PURE COCONUT WATER**  
**GRACE EAU DE COCO 100% PURE**

<b>GKO CODE</b>	417009
<b>PACK SIZE</b>	12 x 500ml
<b>UPC</b>	0 55270 87046 4
<b>CASE UPC</b>	0 55270 87047 1
<b>CASE SCC</b>	1 00 55270 87046 1
<b>CASE DIMENSIONS</b>	27cm (L) x 24cm (W) x 19cm (H)
<b>CASE WEIGHT</b>	7kg (Gross) / 5.35kg (Net)
<b>PALLET TIE</b>	17
<b>PALLET TIER</b>	6
<b>SHELF LIFE</b>	12 Months

**GRACE COCONUT CHIPS**  
**GRACE CROUSTILLES DE NOIX DE COCO**

<b>GKO CODE</b>	418180
<b>PACK SIZE</b>	24 x 40g
<b>UPC</b>	0 55270 87609 1
<b>CASE UPC</b>	N/A
<b>CASE SCC</b>	1 00 55270 87609 8
<b>CASE DIMENSIONS</b>	40.6cm (L) x 30.5cm (W) x 17.8cm (H)
<b>CASE WEIGHT</b>	1.45kg (Gross) / 1.1kg (Net)
<b>PALLET TIE</b>	12
<b>PALLET TIER</b>	12
<b>SHELF LIFE</b>	12 Months

**GRACE ORGANIC COCONUT VINEGAR**  
**GRACE VINAIGRE DE COCO BIOLOGIQUE**

<b>GKO CODE</b>	417210
<b>PACK SIZE</b>	12 x 400ml
<b>UPC</b>	0 55270 86021 2
<b>CASE UPC</b>	N/A
<b>CASE SCC</b>	1 00 55270 86021 9
<b>CASE DIMENSIONS</b>	24cm (L) x 18cm (W) x 24.2cm (H)
<b>CASE WEIGHT</b>	9.20kg (Gross) / 8.90kg (Net)
<b>PALLET TIE</b>	23
<b>PALLET TIER</b>	7
<b>SHELF LIFE</b>	24 Months

**GRACE ORGANIC COCONUT FLOUR**  
**GRACE FARINE DE COCO BIOLOGIQUE**

<b>GKO CODE</b>	418135
<b>PACK SIZE</b>	12 x 500g
<b>UPC</b>	0 55270 95820 9
<b>CASE UPC</b>	N/A
<b>CASE SCC</b>	1 00 55270 95820 6
<b>CASE DIMENSIONS</b>	31.1cm (L) x 24.2cm (W) x 19.5cm (H)
<b>CASE WEIGHT</b>	6.55kg (Gross) / 6.15kg (Net)
<b>PALLET TIE</b>	14
<b>PALLET TIER</b>	10
<b>SHELF LIFE</b>	12 Months

**GRACE VIRGIN COCONUT OIL**  
**GRACE HUILE DE COCO VIERGE**

<b>GKO CODE</b>	414714
<b>PACK SIZE</b>	6 x 500ml
<b>UPC</b>	0 55270 85528 7
<b>CASE UPC</b>	0 55270 85529 4
<b>CASE SCC</b>	1 00 55270 85528 4
<b>CASE DIMENSIONS</b>	27.2cm (L) x 18.5cm (W) x 13.5cm (H)
<b>CASE WEIGHT</b>	4.87kg (Gross) / 4.6kg (Net)
<b>PALLET TIE</b>	22
<b>PALLET TIER</b>	8
<b>SHELF LIFE</b>	24 Months

**GRACE ORGANIC COCONUT SUGAR**  
**GRACE BIOLOGIQUE SUCRE DE NOIX DE COCO**

<b>GKO CODE</b>	415181
<b>PACK SIZE</b>	6 x 500g
<b>UPC</b>	0 55270 86014 4
<b>CASE UPC</b>	0 55270 86015 1
<b>CASE SCC</b>	1 00 55270 86014 1
<b>CASE DIMENSIONS</b>	10.06cm (L) x 7.4cm (W) x 6.7cm (H)
<b>CASE WEIGHT</b>	3kg (Gross) / 2.8kg (Net)
<b>PALLET TIE</b>	25
<b>PALLET TIER</b>	7
<b>SHELF LIFE</b>	24 Months

**GRACE ORGANIC VIRGIN COCONUT OIL**  
**GRACE HUILE DE COCO VIERGE BIOLOGIQUE**

<b>GKO CODE</b>	416825
<b>PACK SIZE</b>	6 x 1000ml
<b>UPC</b>	0 55270 86017 5
<b>CASE UPC</b>	0 55270 86018 2
<b>CASE SCC</b>	1 00 55270 86017 2
<b>CASE DIMENSIONS</b>	34cm (L) x 23cm (W) x 17cm (H)
<b>CASE WEIGHT</b>	6kg (Gross) / 5.8kg (Net)
<b>PALLET TIE</b>	17
<b>PALLET TIER</b>	6
<b>SHELF LIFE</b>	12 Months

**FOR PRODUCT AND SALES INFORMATION PLEASE CALL GRACEKENNEDY (ONTARIO) INC.**  
**1-888-BE-GRACE (1-888-234-7223) / Fax: 905-886-1798**  
**70 West Wilmot Street, Richmond Hill, ON L4B1H8**  
**www.gracefoods.ca**

**WESTERN DISTRIBUTORS  
FOR: GRACEKENNEDY  
(ONTARIO) INC.**

Dovre: 13931 Bridgeport Road Richmond BC V6V 1J6  
604-234-4545  
www.dovreimport.com

Elite: 3823-29 Street NE Calgary, AB T1Y 6B5  
403-291-0660  
www.elitefoods.ca

Norget: 150 Bannister Road Winnipeg, MB, R2R 0S3  
204-775-4630  
www.norget.ca