



*Lymphatic Health
Canadian Collective
Non Profit
Corp # 1677058-4
Created for Canada*

Fundraising for Lymphatic Health Canadian Collective

Helping you understand early signs of swelling (Lymphedema) to stay well.

Questions: letushelp@lymphatichealthcc.com

The **Lymphatic Health Canadian Collective** is thrilled that Bow River Foods is participating with us as we kick off this year's fundraising efforts ---Our organization's goal is to help **Educate the General Public on the Lymphatic system** and why all of us need to pay attention to it! It affects everything in our bodies!!!!

Learn to tell if your Lymphatic system is damaged!

A damaged lymphatic system is for life—and it **can** get worse.

We are asking you to help us raise money, so we can educate you, and / or your family and friends, with information and assistance, if /when you need us.

- **1st Fundraiser for 2025—Calgary— Runs March 7th —April 3rd**
- **Pick up : Friday April 12th from 4 pm to 7 pm**
- **Bow River Foods— Payment for all orders due: *April 3rd, 2025 by 5 pm***

Questions / Etransfer to: **letushelp@lymphatichealthcc.com**

HELP US—HELP YOU!

Bow River Foods—Bow River Meat Market —quality foods

www.bowrivermeatmarket.ca

6303 Burbank Rd SE, #5, Calgary, AB T2H 2E1 Canada

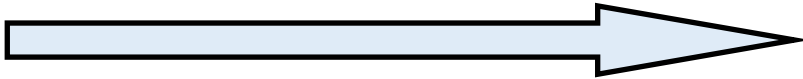


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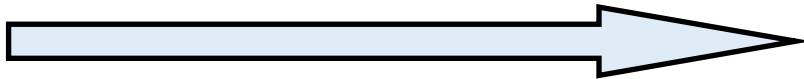
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Split Chicken Wings \$90

- Split wings
- Tip removed
- Can be cooked in a variety of ways.
- Bulk packaged
- Individually Quick Frozen (IQF)
- 5kg /11lbs
- Approx 110 wings



Stuffed Chicken Breast—Ham & Swiss \$55



**Uncooked Breaded Chicken Breast
Filled with Ham and Suisse Cheese**

Ingredients: Chicken, Toasted wheat crumbs with spice extractives, Water, Suisse cheese, Canola oil, Soy protein isolate, Modified corn starch, Enriched wheat flour, Salt, Yellow corn flour, Potassium chloride, Baking powder, Defatted soy flour, Sugars (dextrose), Skim milk powder, Spices, Dried egg white (egg white, yeast, citric acid), Guar gum, Concentrated lemon juice, Onion powder, Garlic powder, Silicon dioxide, Canola and or/sunflower oil.

[May include some irregular shaped pieces](#)

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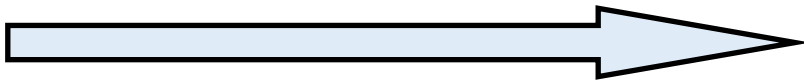
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Chicken Breast – Boneless Skinless \$75

- Bulk packaged
- Approx 18 pcs
- 4 kg box
- Product ranges 6 oz per piece.
- Individually Quick Frozen



Pre-cooked Chicken Chunks—Seasoned 4 KG - \$50



Breaded Chicken Fillets Chunks

Seasoned, Fully Cooked

2 x 2 kg

4 KG

Chicken Fillet Chunks, Water, Wheat, Flour, toasted wheat crumb, modified Corn Starch, Egg White Powder, Vegetable Oil, Sodium Aluminum Phosphate, Sodium Bicarbonate, Wheat, Gluten, Sodium Phosphate, Salt, Onion Powder, Garlic Powder and spice. Browned in Canola Oil.

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Lean Ground Beef 10 x 1 lb bag - \$80

- 10 lbs / 4.5kg
- Vacuum sealed in 1 lb packages
- Produced in house from AA/AAA beef



4-5 oz Breaded

Chicken Breast - 4 KG - \$55

4 oz Portions, 34 per Box

4 kg Bulk, IQF (Individually Quick Frozen)

Breaded and Seasoned Par-Fried (Uncooked)

Easily cooked: Airfryer (20 min) Oven (40 min)

Ingredients: Boneless chicken breast meat, Vegetable oil, Shortening, Wheat flour, Toasted wheat crumbs, Water, Rice starch, Salt, Spices, Garlic powder, Onion powder, Wheat starch, Canola oil, Sugar, Baking powder, Yeast, Flavour (Natural chicken flavour)



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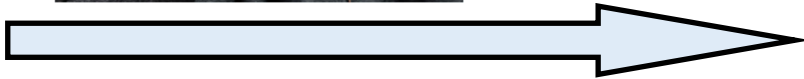
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Boneless Pork Chop 4.54 KG— \$65

- 3/4 inch.
- Vacuum sealed 2 per bag
- Roughly 20 pieces, varies based on size.
- 4.5kg/10lbs in box

We've removed the bone to make this lean, top quality chop the most versatile piece of pork there is. Cook it hot and fast, season lightly, and serve like a steak. Or you can slice it in thin strips to add to your stir fry.



Boneless Breaded Pork Bites - 5 KG - \$75



2 x 2.5 kg Individually Quick Frozen (IQF)

Original Dry Rib Style Pork Bites

Boneless Par-fried (Uncooked) Seasoned- Breaded Ideal for Airfryer (15 min) or Oven (30 min) Ingredients: Seasoned pork, Pork, Water, Seasoning (Soy protein concentrate, Salt, Sodium phosphate, Dehydrated garlic, Sugar, Spices, Dehydrated onion) Soy sauce (Water, Salt, Hydrolyzed soy protein, Blackstrap molasses, Glucose-Fructose, Caramel, Modified Cornstarch, sodium benzoate, potassium sorbate, mono & Di-glycerides), Breading: Enriched wheat flour, canola oil.

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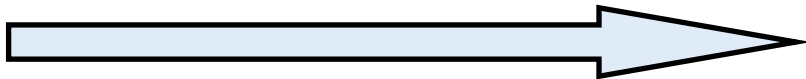


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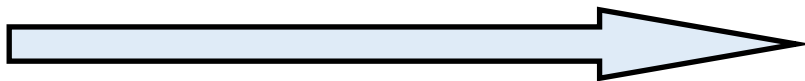
Pork Breakfast Sausage 5 KG - \$55

Box contains:

- 5 kg / 11lb box
- bulk package
- approximately 130 layer packed frozen Breakfast Sausages.
- Gluten Free

These little beauties are the perfect alternative to bacon . Or maybe the perfect addition ! Either way they taste great with eggs , pancakes , or waffles .

Or try them for dinner the way Europeans do , served with crispy fried potatoes and Creamy coleslaw.



Sliced Bacon—5 KG Bulk Case - \$85

- Fresh Product
- Bacon is sliced in a plastic liner (Multi-vaced)
- approx 150 slices of bacon
- Strip Bacon



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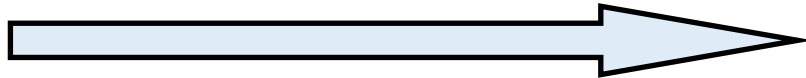
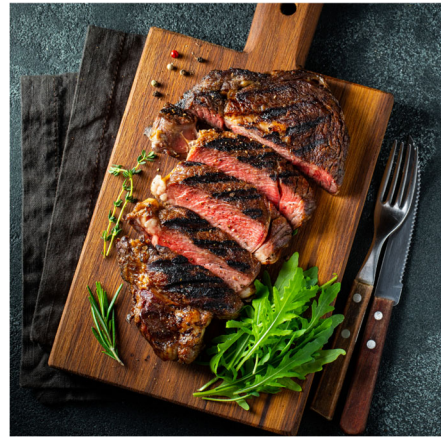
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6 oz Sirloin Steak A - 3.4 KG - \$105

- 16 - 6oz. sirloin steaks
- vacuum sealed 2 per bag
- AA/AAA Top Sirloin Butt
- Approx 6 lbs

Our Sirloins are perfectly aged prior to portioning resulting in the most tender, tastiest, and juiciest steaks.



8 oz New York Steak - \$120

- 10 New York steaks.
- Size - 8 oz.
- Grade AA/AAA
- Vacuumed sealed 2 per bag.
- Approx 5 lbs.

Not quite as tender as it's close cousin the Tenderloin, meat lovers choose this cut for its intense flavor and solid chew. Our New York Strip cooks quickly and evenly making it a winner on the BBQ.



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2025 Fundraiser - Starts **March 7th, 2025**
Cut off - all funds & Orders must be in **April 3rd by 5 pm** **All funds to be etransferred to:**
Pick up -April 12th, 2025 @ Bow River Foods **letushelp@lymphatichealthcc.com**

2025 Fundraising

Lymphatic Health Canadian Collective

Product Description	Qty	Fundraiser Sell per Case	qty \$
Purchaser - client #			
Name			
Address			
Phone #			
email			
6 oz Sirloin Steak A 20 pcs/ bx 3.4 KG Case		\$ 105.00	\$ -
8 oz New York Striploin steak 16 pcs/bx 3.6 KG		\$ 120.00	\$ -
Lean Ground Beef - 10 x 1 lb bags		\$ 80.00	\$ -
Chicken Suisse (Stuffed Chicken Breast - Ham &		\$ 55.00	\$ -
Sliced Bacon - 5 KG Bulk Case		\$ 85.00	\$ -
Boneless Brd Pork Bites - 5 KG Case		\$ 75.00	\$ -
Pork Breakfast Sauages - 5 KG Case		\$ 55.00	\$ -
Split Chicken Wings - 5 KG Case		\$ 90.00	\$ -
4-5 oz Breaded Chicken Breast - 4 KG Case - RAW		\$ 55.00	\$ -
Boneless/skinless 6 oz Chicken Breast - 4KG Case		\$ 75.00	\$ -
Boneless Pork Chop 4.54 KG		\$ 65.00	\$ -
Pre-Cooked Chicken Chunks 4 KG Case		\$ 50.00	\$ -
Order subtotal			\$ -

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