



Forfar Dairy Limited
 1536 County Road 42, R.R. #1
 Portland, Ontario K0G 1V0

Ph. (613) 272-2107
Fx: (613) 272-3409

Name	Address		P/ Code	Phone	Curd Only	Cheese & Curd	Cheese/Curd Not For Sale
Almont Natural Food Center	34 Mill St. P.O.Box 1773	Almonte	K0A 1A0	256-1833		X	
Arnprior Bulk & Natural	115 John St. N.	Arnprior	K7S 2N5	623-8772		X	
Ashton General Store	P.O.Box 99	Ashton	K0A 1B0	257-2296		X	
Ben's Chip Wagon	24 Henry St.	Athens	K0E 1B0	924-9521			X
Swan's Variety	Box 331	Athens	K0E 1B0	924-9129	X		
Balderson Cheese Store	HWY 511	Balderson	K0G 1A0	267-4492		X	
Giant Tiger Brockville	300 Park St.	Brockville	K6V 2J1	498-2624	X		
New Horizon	163 Ormand St.	Brockville	K6V 2L2	342-6505		X	
Pioneer Gas	R.R.# 4	Brockville	K6V 5T4	342-8888	X		
Quickie #41	16 Central Ave.	Brockville	K6V 1W4	345-5710		X	
Quickie Convenience (WM)	60 William St.	Brockville	K6V 4V5	342-8482	X		
River Walk Mill	123 Water St.	Brockville	K6V 3M2	345-7098			X
Somerville Farm	3026 Parkdale Ave.	Brockville	K6V 3G7	345-1110		X	
Tait's Bakery	31 King St. W.	Brockville	K6V 1A7	342-3657	X		
Jack's Convenience	RR # 4	Brockville	K6V 5T4	342-1522	X		
Burritt's Rapids Store	P.O.Box 51	Burritt's Rapids	K0G 1B0	269-4300		X	
Granary	107 Bridge St.	Carleton Place	K7G 2V4	257-5986		X	
Gordanier's	P.O.Box 219 20 Main St.	Elgin	K0G 1E0	359-5227		X	
Hub of the Rideau	18 Main St.	Elgin	K0G 1E0	359-9907	X		
Carol's Gas Bar		Frankville	K0E 1H0	275-2690	X		
White's Groceteria	91 Stone St. N.	Gananoque	K7G 1Y1	382-3548	X		
Glenburnie General Store		Glenburnie	K0H 1S0	542-6234		X	
Heckston's General Store	251 County Rd # 22	Heckston	K0G 1J0	258-3129		X	
Village Market		Inverary	K0H 1X0	353-2663	X		
Natural Food Pantry (Hazeldean)	442 Hazeldean Rd.	Kanata	K2L 1V2	836-3669		X	
Nature's Way Select Foods	2676 Hwy# 43	Kemptville	K0G 1J0	258-7772		X	
Campus One Stop	163 Alfred St.	Kingston	K7L 3R8	544-6142		X	
Fred's Bread	830 Norwest Rd.	Kingston	K7P 2N4	389-0237		X	
Panchancho	44 Princess St. Box 938	Kingston	K7L 1A4	544-7790			X
Tara Natural Foods	81 Princess St.	Kingston	K7L 1A6	546-4439			X
Pretty Goods	Box 239	Lanark	K0G 1K0	259-2173		X	
Lansdowne Freshmart	General Delivery	Lansdowne	K0E 1L0	359-2198	X		
Lansdowne Super Conv.	1073 Prince St.	Lansdowne	K0E 1L0	659-3474		X	
Lyn Village	30 Main St. Box 51	Lyn	K0E 1M0	498-0055	X		
The Light House	R.R.# 2	Mallorytown	K0E 1R0	923-5747	X		
Drummond's Gas #3	Lombard St.	Smiths Falls			X		
Haedae Farms	230 St. Lawrence St.	Merrickville	K0G 1N0	269-4330		X	
Merrickville Foodtown	205 St. Lawrence St.	Merrickville	K0G 1N0	269-3974		X	
Mrs. McGarrigle's Fine Food	311 St. Lawrence St.	Merrickville	K0G 1N0	269-3752			X
Maddeline's Round the corner bakeshop	105 Wellington St. W.	Merrickville	K0G 1N0	269-3218		X	
Sam Jake's Inn	118 Main St.	Merrickville	K0G 1N0	269-3711			X
Kilborn's	10 Drummond St.	Newboro	K0G 1P0	272-0114		X	
Stage Coach Inn	4 Drummond St.	Newboro	K0G 1P0	272-2900			X
Mulligan's Freshmart	General Delivery	North Gower	K0A 2T0	489-3333		X	
107th 4th Ave Wine Bar & Café	107 4th Avenue	Ottawa	K2P 1M6	236-0040			X
Boushey	348 Elgin St.	Ottawa	K2P 1M6	236-4482		X	
Drummond's Gas #1	635 Branson Ave.	Ottawa	K1S 4E7	238-1948	X		
Herb & Spice (Bank)	375 Bank St.	Ottawa	K2P 1Y2	232-4087		X	

Herb & Spice (Well)	1310 Wellington St.	Ottawa	K1Y 3B2	722-5747		X	
Kardish 5th Ave.	841 Bank St.	Ottawa	K1S 3V9	234-6795		X	
Marcello's (Sparks)	240 Sparks St.	Ottawa	K1A 0G6	233-2999	X		
Mother Hubbard's Natural Food	250 Greenbank Rd.	Ottawa	K2H 8X4	820-3178		X	
Natural Food Pantry (Billings)	Billings Bridge Plaza	Ottawa	K1H 7X6	737-9330		X	
Natural Food Pantry (West)	1309 Carling Ave.	Ottawa	K1Z 7L3	728-1255		X	
Natural Food Pantry (York)	126 York St.	Ottawa	K1N 5T5	241-6629		X	
Quickie Convenience (Ken)	2570 St. Laurent Blvd.	Ottawa	K1H 8P5	342-4221	X		
Rainbow Natural Foods	1487 Richmond Rd.	Ottawa	K2B 6K9	726-9200		X	
The Wheat Berry	206 Rue Main St.	Ottawa	K1S 1C6	235-7580		X	
Sherwood Market	111 Sherwood Drive	Ottawa	K1V 3V1	729.6011		X	
Pakenham General Store Inc.	2524 County Rd.#29 Box 220	Parkenham	K0A 2X0	624-5280	X		
Fitz Fries	16904 Hwy# 7 East	Perth	K7H 3C8	326-0288			X
Foodsmith's	106 Wilson St. West	Perth	K7H 2P3	267-5409		X	
Heritage Convenience	230 Gore St. E.	Perth	K7H 3A7	267-8498	X		
Loeb Perth	50 Wilson St. W.	Perth	K7H 2N4	267-4921	X		
MacEwen Gas	11 Wilson St. West	Perth	K7H 2M8	264-9272	X		
Jo Anne's Place	904 Water St.	Peterborough	K9H 3P3	742-6456		X	
Portland Foodtown	General Delivery	Portland	K0G 1V0	272-2861		X	
Rob's Corner Garage	R.R.# 1	Portland	K0G 1V0	272-2883	X		
Mr. Gas #51	152 King St. E.	Prescott	K0E 1T0	925-3091	X		
Stone Meadows Kitchen	350 Roglin St.	Renfrew	K7V 1R7	432-2432		X	
The Rideau Ferry Store	R.R.# 1 Box 7	Rideau Ferry	K0G 1W0	264-9147		X	
Seeley's Bay Esso	R.R.# 1	Seeley's Bay	K0H 2N0	387-2537	X		
Sweet's Freshmart	General Delivery	Seeley's Bay	K0H 2N0	387-3818		X	
Burtch's Chip Hut	82 Lorne St.	Smiths Falls	K7A 4S9	284-1173			X
Doreys Holdings\Mr. Gas	12 Union St.	Smiths Falls	K7A 2G1	283-6353	X		
Franktown General Store	R.R.# 6	Smiths Falls	K7A 4S7	283-7110	X		
Garden Market	115 William St. W & HWY 43	Smiths Falls	K7A 4T1	283-4821		X	
Modern Thymes	2 Russell St. E.	Smiths Falls	K7A 2A8	283-3612		X	
New Beginnings Hair Stylists	10A Beckwith St. South	Smiths Falls	K7A 2B8	284-0555	X		
Queen St. Convenience	104 Queen St.	Smiths Falls	K7A 3N6	284-8426	X		
Quickie #42	110 Beckwith St. N.	Smiths Falls	K7A 2C3	283-3394	X		
Village Pantry	8 Spencer St.	Spencerville	K0E 1X0	658-3029	X		
Nature's Basic	General Delivery	Stittsville	K2S 1A4			X	
Sunbury General Store	General Delivery	Sunbury	K0H 1X0	353-6023	X		
Kudrinko's Freshmart	22 Main St.	Westport	K0G 1X0	273-2130		X	
Norris's Bait Tackle	RR #2 8878-A County Rd.42	Westport	K0G 1X0	273-6462	X		
Westport Esso	73 Concession Street	Westport	K0G 1X0	273-2820		X	
Scotty's	73 Concession Street	Westport	K0G 1X0	273-7268			X
Tait's Uptown	2123 Parkdale Ave	Brockville		342-3061	X		
Ultramar	578 Stewart Blvd	Brockville		345-5444	X		
Ultramar	841 Hwy # 15	Kingston	K7L 5H6	549-1895	X		
Ultramar	3990 Prince of Wales	Manotick		692-3189	X		
Zellers Restaurant	275 Brockville St.	Smiths Falls		283-5551	X		
Athens Freshmart	2 Main Street	Athens	K0E 1B0	924-9090		X	
Body Fx	91 Cornelia St. W	Smiths Falls	K7A 5L3	283-7599	X		
Boyce Restaurant		Kemptville		258-3190			X
Canada Inc	5789 Perth St.	Richmond	K0A 2Z0	838-4291	X		
Canadian Tire	500 Terry Fox Dr.	Ottawa	K2T 1C3	254-8366	X		
Canadian Tire	4 Ferrara Dr.	Smiths Falls	K7A 5K4	283-1193	X		
Canadian Tire Gas Bar	2201 Greenbank Rd	Barrhaven		825-2766	X		
Canadian Tire Gas Bar	6 Stewart Blvd	Brockville		345-2492	X		
Canadian Tire Gas Bar	970 Princess St	Kingston	K7L 1H2	546-3446	X		
Canadian Tire Gas Bar	1636 Bank St @ Herron Rd	Ottawa	K1V 7Y6	731-2679	X		
Canadian Tire Pit Shop	85 Robertson Rd	Bells Corners		829-8944	X		
Chez Mamma's Home Cook'n	14 Main St. E	Smiths Falls	K7A 1A2	283-3600			X
Country Depot	5736 County Rd 29	Almonte		256-1633		X	
Countryman's Estate Winery	3387 County Rd 26	Maitland		348-1575	X		
Delta Country Market	General Delivery	Delta		928-2030	X		

Drummond's Gas # 6	305 Lawrence St.	Merrickville	K0G 1N0	269-3320	X		
E & C Ultramar	P.O.Box 212 Hwy 511	Lanark		259-3372	X		
Express Variety	29 Lombardy St	Smiths Falls		283-0397	X		
Garrett's Meat Shop	RR # 1 3748 Oniel Lane	Inverary	K0H 1X0	353-2783	X		
Giant Tiger	25 Lansdowne Ave	Carleton Place	K7C 3S9	257-2120	X		
Kim's One Stop	RR # 1 Hwy # 32	Gananoque	K7G 2V3	382-3412	X		
Li'l Bucks	212 King St. W	Brockville		498-0194	X		
Long Beach Convenience	1245 Hwy # 2 RR # 3	Brockville	K6V 5T3	345-1818	X		
Lyndhurst Grocery	427 Lyndhurst Rd	Lyndhurst	K0E 1N0	928-3102	X		
Maitland Store		Maitland		348-3808	X		
Mr. Mugs	8 Union St.	Smiths Falls	K7A 2S1	284-0386			X
Mrs. B's Variety	45 King St.	Brockville		498-0377	X		
New Port Marketing	4 Pebble Valley Lane	Toronto	M9C 4X3	429-0071		X	
Orme's Ultramar	114 Cornelia St. W	Smiths Falls	K7A 4T6	283-7811	X		
Pioneer Gas	560 King St. E	Gananoque		382-6786	X		
Quickie # 31	712 North Rideau St	Kemptville		258-3880	X		
Rapid Valley Restaurant	RR # 2	Lansdowne	K0E 1L0	359-2557	X		
S & R Convenience	102 Charleston Lake Rd	Athens	K0E 1B0	924-1267	X		
Shopper's Convenience	400 King St. W.	Gananoque	K7G 2G9	382-3790		X	

Goodness Me Natural Food Market 1000 Upper Gage Hamilton L8V 4R5 [905-388-8400](tel:905-388-8400)
Goodness Me Natural Food Market 176 Locke Street Hamilton L8P 4A9 [905-526-8400](tel:905-526-8400)
Goodness Me Natural Food Market 3455 Fairview St. Burlington L7N 2R4 [905-637-8404](tel:905-637-8404)

www.goodnessme.ca

Note to all customers that if the retailer doesn't have the product to ask if they will order it.