

# the Main Ingredient Natural Foods

## PICK-UP ORDERING INSTRUCTIONS

### STEP 1

Submit your specific order (*quantities in grams, ounces, lbs., kilos or cups*) with your name & phone number by...

**PREFERRED** Email at [shop@themaining.ca](mailto:shop@themaining.ca)

OR

Phone **705-745-5271**  
between 10am-4pm  
Monday-Saturday.

### STEP 2

We will work to fulfill your order within 2 hours - next day for pick-up. When it's ready we will call you with the total.

Pay with Visa or Mastercard over the phone or pay at pick-up.

**VISA**



### STEP 3

Come to our store for pick-up between 10am-4pm Monday-Saturday.

OR

We can deliver to your car if you have prepaid, Call **705-745-5271** when you arrive