

# FRESH DIRECT GROUP OF COMPANIES



**mike & mike's™**  
organics | fresh imports | natural foods

## COMPANY PROFILE



Platinum member

**MAKING A HEALTHY DIFFERENCE**

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- Handles over 2,500 SKUs from 36 countries on 6 continents
- Specializes in Asian, tropical, organic, and ethnic items
- Over **250,000** ft<sup>2</sup> of refrigerated warehouse space among 6 facilities in BC (4), Alberta, and Ontario
- A **37,000** ft<sup>2</sup> facility for re-grading, and re-packing, and a **42,000** ft<sup>2</sup> food processing facility for fresh cut food service products
- **14** ripening rooms for bananas, avocados, mangoes, and papayas
- A growing fleet of **50** refrigerated trucks for prompt and reliable delivery

- Founded in 1986 as a producer of fresh shiitake mushrooms
- Distributes specialty mushrooms, Asian pears, and other ethnic fruits and vegetables
- Covers BC, Prairies, Ontario, and Quebec
- Opened an office in China in 2001, and began importing other fruits and vegetables for re-packing
- Expanded product lines to include ginger, garlic, papaya, and Asian vegetables in 2021

- Started out as Fry Guys in 1982 and in 1992 became Islands West
- A premier wholesaler of fresh, processed, and frozen produce, as well as spices and many specialty items based on Vancouver Island
- Moved into a brand-new facility in 2018 to expand its services and product offerings for both the retail and food service markets
- Supports local farms year-round and source from quality growers within North America and beyond

- Ontario's market leader, as well as first and only pureplay non-farm based distributor of exclusively certified-organic fresh fruits and vegetables
- Approximately 1000 different items weekly sourced from respected suppliers across North America and internationally
- Complementary line of grocery and snack products
- Customers include national and local food chains, independent food, health and natural food retailers, juicing companies and food processors
- A **41,000** ft<sup>2</sup> distribution facility in Woodbridge (north of Toronto), with **8** individually controlled refrigerated rooms

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## Select Growers:



## Select Customers:



*For more information, please contact:*

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