

VersaCold operates the largest capacity and highest frequency refrigerated LTL service in major urban centres across Canada. Whether you're looking to move product across town or across the country, we've got your food covered.



	Vancouver LTL Service Schedule									
			SHII	PMENTS PICKED UP	ON					
		Monday	Tuesday	Wednesday	Thursday	Friday				
Destination	Prov		SCHEDULED DELIVERY DAY							
Victoria	ВС	Wednesday	Thursday	Friday	Monday	Tuesday				
Vancouver	ВС	Tuesday	Wednesday	Thursday	Friday	Monday				
Kelowna	ВС	Tuesday	Wednesday	Thursday	Friday	Monday				
Calgary	AB	Wednesday	Thursday	Friday	Monday	Monday				
Edmonton	AB	Wednesday	Thursday	Friday	Monday	Monday				
Saskatoon	SK	Thursday	Friday	Monday	Monday	Monday				
Regina	SK	Thursday	Friday	Monday	Monday	Monday				
Winnipeg	MB	Thursday	Friday	Monday	Monday	Monday				
Toronto	ON	Monday	Monday	Monday	Tuesday	Wednesday				
Ottawa	ON	Next Friday	Next Friday	Next Friday	Next Friday	Friday				
Cornwall	ON	Next Thursday	Next Thursday	Next Thursday	Thursday	Next Tuesday				
Montreal	QC	Next Tuesday	Tuesday	Tuesday	Wednesday	Thursday				
Quebec City	QC	Next Wednesday	Next Wednesday	Wednesday	Next Friday	Friday				
Moncton	NB	Next Friday	Next Friday	Next Friday	Next Tuesday	Next Tuesday				
Halifax	NS	Next Friday	Next Friday	Next Friday	Next Tuesday	Next Tuesday				
Mount Pearl	NL	Next Monday	Next Monday	Next Monday	3 Fridays	Next Friday				

Vancouver LTL Service Schedule							
		SHIPMENTS PICKED UP ON					
		Mon	Tue	Wed	Thu	Fri	
Destination	Prov		SCHEDUL	ED DAYS IN	TRANSIT		
Victoria	BC	+2	+2	+2	+2	+2	
Vancouver	BC	+1	+1	+1	+1	+1	
Kelowna	ВС	+1	+1	+1	+1	+1	
Calgary	AB	+2	+2	+2	+2	+1	
Edmonton	AB	+2	+2	+2	+2	+1	
Saskatoon	SK	+3	+3	+3	+2	+1	
Regina	SK	+3	+3	+3	+2	+1	
Winnipeg	MB	+3	+3	+3	+2	+1	
Toronto	ON	+5	+4	+3	+3	+3	
Ottawa	ON	+9	+8	+7	+6	+5	
Cornwall	ON	+8	+7	+6	+5	+7	
Montreal	QC	+6	+5	+4	+4	+4	
Quebec City	QC	+7	+6	+5	+6	+5	
Moncton	NB	+9	+8	+7	+8	+7	
Halifax	NS	+9	+8	+7	+8	+7	
Mount Pearl	NL	+10	+9	+8	+11	+10	



Kelowna LTL Service Schedule									
		SHIPMENTS PICKED UP ON							
		Monday	Tuesday	Wednesday	Thursday	Friday			
Destination	Prov		SCHEDULED DELIVERY DAY						
Victoria	ВС	Thursday	Friday	Monday	Tuesday	N/A			
Vancouver	ВС	Wednesday	Thursday	Friday	Monday	N/A			
Kelowna	ВС	Tuesday	Wednesday	Thursday	Friday	N/A			
Calgary	AB	Wednesday	Thursday	Friday	Monday	N/A			
Edmonton	AB	Wednesday	Thursday	Friday	Monday	N/A			
Saskatoon	SK	Thursday	Friday	Monday	Monday	N/A			
Regina	SK	Thursday	Friday	Monday	Monday	N/A			
Winnipeg	MB	Friday	Friday	Monday	Monday	N/A			
Toronto	ON	Monday	Monday	Monday	Tuesday	N/A			
Ottawa	ON	Next Friday	Next Friday	Next Friday	Next Friday	N/A			
Cornwall	ON	Next Thursday	Next Thursday	Next Thursday	Thursday	N/A			
Montreal	QC	Next Tuesday	Tuesday	Tuesday	Wednesday	N/A			
Quebec City	QC	Next Wednesday	Next Wednesday	Wednesday	Next Friday	N/A			
Moncton	NB	Next Friday	Next Friday	Next Friday	Next Tuesday	N/A			
Halifax	NS	Next Friday	Next Friday	Next Friday	Next Tuesday	N/A			
Mount Pearl	NL	Next Monday	Next Monday	Next Monday	3 Fridays	N/A			

Kelowna LTL Service Schedule									
		SHIPMENTS PICKED UP ON							
		Mon	Tue	Wed	Thu	Fri			
Destination	Prov		SCHEDUL	ED DAYS IN	TRANSIT				
Victoria	ВС	+3	+3	+3	+3	N/A			
Vancouver	ВС	+2	+2	+2	+2	N/A			
Kelowna	ВС	+1	+1	+1	+1	N/A			
Calgary	AB	+2	+2	+2	+2	N/A			
Edmonton	AB	+2	+2	+2	+2	N/A			
Saskatoon	SK	+3	+3	+3	+2	N/A			
Regina	SK	+3	+3	+3	+2	N/A			
Winnipeg	MB	+4	+3	+3	+2	N/A			
Toronto	ON	+5	+4	+3	+3	N/A			
Ottawa	ON	+9	+8	+7	+6	N/A			
Cornwall	ON	+8	+7	+6	+5	N/A			
Montreal	QC	+6	+5	+4	+4	N/A			
Quebec City	QC	+7	+6	+5	+6	N/A			
Moncton	NB	+9	+8	+7	+8	N/A			
Halifax	NS	+9	+8	+7	+8	N/A			
Mount Pearl	NL	+10	+9	+8	+11	N/A			





	Calgary LTL Service Schedule									
			SHII	PMENTS PICKED UP	ON					
		Monday	Tuesday	Wednesday	Thursday	Friday				
Destination	Prov		SCH	SCHEDULED DELIVERY DAY						
Victoria	ВС	Thursday	Friday	Monday	Tuesday	Tuesday				
Vancouver	ВС	Wednesday	Thursday	Friday	Monday	Monday				
Kelowna	ВС	Tuesday	Wednesday	Thursday	Friday	Monday				
Calgary	AB	Tuesday	Wednesday	Thursday	Friday	Monday				
Edmonton	AB	Tuesday	Wednesday	Thursday	Friday	Monday				
Saskatoon	SK	Tuesday	Wednesday	Thursday	Friday	Monday				
Regina	SK	Tuesday	Wednesday	Thursday	Friday	Monday				
Winnipeg	MB	Wednesday	Thursday	Friday	Monday	Monday				
Toronto	ON	Monday	Monday	Monday	Monday	Tuesday				
Ottawa	ON	Next Friday	Next Friday	Next Friday	Next Friday	Friday				
Cornwall	ON	Next Thursday	Next Thursday	Next Thursday	Thursday	Thursday				
Montreal	QC	Next Tuesday	Tuesday	Tuesday	Tuesday	Wednesday				
Quebec City	QC	Next Wednesday	Next Wednesday	Wednesday	Wednesday	Friday				
Moncton	NB	Next Friday	Next Friday	Next Friday	Next Friday	Next Tuesday				
Halifax	NS	Next Friday	Next Friday	Next Friday	Next Friday	Next Tuesday				
Mount Pearl	NL	Next Monday	Next Monday	Next Monday	Next Monday	Next Friday				

	Calgary LTL Service Schedule							
		SHIPMENTS PICKED UP ON						
		Mon	Tue	Wed	Thu	Fri		
Destination	Prov		SCHEDUL	ED DAYS IN	TRANSIT			
Victoria	ВС	+3	+3	+3	+3	+2		
Vancouver	ВС	+2	+2	+2	+2	+1		
Kelowna	ВС	+1	+1	+1	+1	+1		
Calgary	AB	+1	+1	+1	+1	+1		
Edmonton	AB	+1	+1	+1	+1	+1		
Saskatoon	SK	+1	+1	+1	+1	+1		
Regina	SK	+1	+1	+1	+1	+1		
Winnipeg	MB	+2	+2	+2	+2	+1		
Toronto	ON	+5	+4	+3	+2	+2		
Ottawa	ON	+9	+8	+7	+6	+5		
Cornwall	ON	+8	+7	+6	+5	+4		
Montreal	QC	+6	+5	+4	+3	+3		
Quebec City	QC	+7	+6	+5	+4	+5		
Moncton	NB	+9	+8	+7	+6	+7		
Halifax	NS	+9	+8	+7	+6	+7		
Mount Pearl	NL	+10	+9	+8	+7	+10		



Edmonton LTL Service Schedule								
			SHII	PMENTS PICKED UP	ON			
		Monday	Tuesday	Wednesday	Thursday	Friday		
Destination	Prov		SCHEDULED DELIVERY DAY					
Victoria	ВС	Thursday	Friday	Monday	Tuesday	Tuesday		
Vancouver	ВС	Wednesday	Thursday	Friday	Monday	Monday		
Kelowna	ВС	Wednesday	Thursday	Friday	Monday	Tuesday		
Calgary	AB	Tuesday	Wednesday	Thursday	Friday	Monday		
Edmonton	AB	Tuesday	Wednesday	Thursday	Friday	Monday		
Saskatoon	SK	Tuesday	Wednesday	Thursday	Friday	Monday		
Regina	SK	Tuesday	Wednesday	Thursday	Friday	Monday		
Winnipeg	MB	Wednesday	Thursday	Friday	Monday	Monday		
Toronto	ON	Monday	Monday	Monday	Monday	Tuesday		
Ottawa	ON	Next Friday	Next Friday	Next Friday	Next Friday	Friday		
Cornwall	ON	Next Thursday	Next Thursday	Next Thursday	Thursday	Thursday		
Montreal	QC	Next Tuesday	Tuesday	Tuesday	Tuesday	Wednesday		
Quebec City	QC	Next Wednesday	Next Wednesday	Wednesday	Wednesday	Friday		
Moncton	NB	Next Friday	Next Friday	Next Friday	Next Friday	Next Tuesday		
Halifax	NS	Next Friday	Next Friday	Next Friday	Next Friday	Next Tuesday		
Mount Pearl	NL	Next Monday	Next Monday	Next Monday	Next Monday	Next Friday		

Edmonton LTL Service Schedule									
		SHIPMENTS PICKED UP ON							
		Mon	Tue	Wed	Thu	Fri			
Destination	Prov		SCHEDUL	ED DAYS IN	TRANSIT				
Victoria	ВС	+3	+3	+3	+3	+2			
Vancouver	ВС	+2	+2	+2	+2	+1			
Kelowna	ВС	+2	+2	+2	+2	+2			
Calgary	AB	+1	+1	+1	+1	+1			
Edmonton	AB	+1	+1	+1	+1	+1			
Saskatoon	SK	+1	+1	+1	+1	+1			
Regina	SK	+1	+1	+1	+1	+1			
Winnipeg	MB	+2	+2	+2	+2	+1			
Toronto	ON	+5	+4	+3	+2	+2			
Ottawa	ON	+9	+8	+7	+6	+5			
Cornwall	ON	+8	+7	+6	+5	+4			
Montreal	QC	+6	+5	+4	+3	+3			
Quebec City	QC	+7	+6	+5	+4	+5			
Moncton	NB	+9	+8	+7	+6	+7			
Halifax	NS	+9	+8	+7	+6	+7			
Mount Pearl	NL	+10	+9	+8	+7	+10			





	Saskatoon LTL Service Schedule									
		SHIPMENTS PICKED UP ON								
		Monday	Tuesday	Wednesday	Thursday	Friday				
Destination	Prov		SCH	EDULED DELIVERY	DAY					
Victoria	ВС	Monday	Monday	Tuesday	Tuesday	Thursday				
Vancouver	ВС	Friday	Friday	Monday	Monday	Wednesday				
Kelowna	ВС	Friday	Friday	Monday	Monday	Wednesday				
Calgary	AB	Wednesday	Thursday	Friday	Monday	Tuesday				
Edmonton	AB	Friday	Friday	Monday	Monday	Wednesday				
Saskatoon	SK	Tuesday	Wednesday	Thursday	Friday	Monday				
Regina	SK	Wednesday	Thursday	Friday	Monday	Wednesday				
Winnipeg	MB	Wednesday	Thursday	Friday	Monday	Wednesday				
Toronto	ON	Monday	Monday	Monday	Tuesday	Next Monday				
Ottawa	ON	Next Friday	Next Friday	Next Friday	Next Friday	Next Friday				
Cornwall	ON	Next Thursday	Next Thursday	Next Thursday	Thursday	Next Thursday				
Montreal	QC	Next Tuesday	Tuesday	Tuesday	Wednesday	Next Tuesday				
Quebec City	QC	Next Wednesday	Next Wednesday	Wednesday	Friday	Next Wednesday				
Moncton	NB	Next Friday	Next Friday	Next Friday	Next Tuesday	Next Friday				
Halifax	NS	Next Friday	Next Friday	Next Friday	Next Tuesday	Next Friday				
Mount Pearl	NL	Next Monday	Next Monday	Next Monday	3 Fridays	3 Mondays				

Saskatoon LTL Service Schedule							
		SHIPMENTS PICKED UP ON					
		Mon	Tue	Wed	Thu	Fri	
Destination	Prov		SCHEDUL	ED DAYS IN	TRANSIT		
Victoria	ВС	+5	+4	+4	+3	+4	
Vancouver	ВС	+4	+3	+3	+2	+3	
Kelowna	ВС	+4	+3	+3	+2	+3	
Calgary	AB	+2	+2	+2	+2	+2	
Edmonton	AB	+4	+3	+3	+2	+3	
Saskatoon	SK	+1	+1	+1	+1	+1	
Regina	SK	+2	+2	+2	+2	+3	
Winnipeg	MB	+2	+2	+2	+2	+3	
Toronto	ON	+5	+4	+3	+3	+6	
Ottawa	ON	+9	+8	+7	+6	+10	
Cornwall	ON	+8	+7	+6	+5	+9	
Montreal	QC	+6	+5	+4	+4	+7	
Quebec City	QC	+7	+6	+5	+6	+8	
Moncton	NB	+9	+8	+7	+8	+10	
Halifax	NS	+9	+8	+7	+8	+10	
Mount Pearl	NL	+10	+9	+8	+11	+11	



Regina LTL Service Schedule								
			SHII	PMENTS PICKED UP	ON			
		Monday	Tuesday	Wednesday	Thursday	Friday		
Destination	Prov		SCH	EDULED DELIVERY	DAY			
Victoria	ВС	Monday	Monday	Tuesday	Tuesday	Wednesday		
Vancouver	ВС	Friday	Friday	Monday	Monday	Tuesday		
Kelowna	ВС	Friday	Friday	Monday	Monday	Tuesday		
Calgary	AB	Thursday	Thursday	Monday	Monday	Monday		
Edmonton	AB	Thursday	Thursday	Monday	Monday	Monday		
Saskatoon	SK	Friday	Friday	Friday	Monday	Monday		
Regina	SK	Tuesday	Wednesday	Thursday	Friday	Monday		
Winnipeg	MB	Wednesday	Thursday	Friday	Monday	Monday		
Toronto	ON	Monday	Monday	Monday	Tuesday	Wednesday		
Ottawa	ON	Next Friday	Next Friday	Next Friday	Next Friday	Friday		
Cornwall	ON	Next Thursday	Next Thursday	Next Thursday	Thursday	Next Tuesday		
Montreal	QC	Next Tuesday	Tuesday	Tuesday	Wednesday	Thursday		
Quebec City	QC	Next Wednesday	Next Wednesday	Wednesday	Friday	Friday		
Moncton	NB	Next Friday	Next Friday	Next Friday	Next Tuesday	Next Tuesday		
Halifax	NS	Next Friday	Next Friday	Next Friday	Next Tuesday	Next Tuesday		
Mount Pearl	NL	Next Monday	Next Monday	Next Monday	3 Fridays	Next Friday		

Regina LTL Service Schedule									
		SHIPMENTS PICKED UP ON							
		Mon	Tue	Wed	Thu	Fri			
Destination	Prov		SCHEDUL	ED DAYS IN	TRANSIT				
Victoria	ВС	+5	+4	+4	+3	+3			
Vancouver	ВС	+4	+3	+3	+2	+2			
Kelowna	ВС	+4	+3	+3	+2	+2			
Calgary	AB	+3	+2	+3	+2	+1			
Edmonton	AB	+3	+2	+3	+2	+1			
Saskatoon	SK	+4	+3	+2	+2	+1			
Regina	SK	+1	+1	+1	+1	+1			
Winnipeg	MB	+2	+2	+2	+2	+1			
Toronto	ON	+5	+4	+3	+3	+3			
Ottawa	ON	+9	+8	+7	+6	+5			
Cornwall	ON	+8	+7	+6	+5	+7			
Montreal	QC	+6	+5	+4	+4	+4			
Quebec City	QC	+7	+6	+5	+6	+5			
Moncton	NB	+9	+8	+7	+8	+7			
Halifax	NS	+9	+8	+7	+8	+7			
Mount Pearl	NL	+10	+9	+8	+11	+10			





Winnipeg LTL Service Schedule											
		SHIPMENTS PICKED UP ON									
		Monday	Tuesday	Wednesday	Thursday	Friday					
Destination	Prov	SCHEDULED DELIVERY DAY									
Victoria	ВС	Monday	Monday	Tuesday	Tuesday	Tuesday					
Vancouver	BC	Friday	Friday	Monday	Monday	Monday					
Kelowna	ВС	Friday	Friday	Monday	Tuesday	Tuesday					
Calgary	AB	Thursday	Thursday	Friday	Friday Monday						
Edmonton	AB	Thursday	Thursday	Monday	Monday	Monday					
Saskatoon	SK	Wednesday	Wednesday	Friday	Friday	Monday					
Regina	SK	Wednesday	Wednesday	Friday	Friday	Monday					
Winnipeg	MB	Tuesday	Wednesday	Thursday	Friday	Monday					
Toronto	ON	Monday	Monday	Monday	Monday	Tuesday					
Ottawa	ON	Next Friday	Next Friday	Next Friday	Next Friday	Friday					
Cornwall	ON	Next Thursday	Next Thursday	Next Thursday	Thursday	Thursday					
Montreal	QC	Next Tuesday	Tuesday	Tuesday	Tuesday	Wednesday					
Quebec City	QC	Next Wednesday	Next Wednesday	Wednesday	Wednesday	Friday					
Moncton	NB	Next Friday	Next Friday	Next Friday	Next Friday	Next Tuesday					
Halifax	NS	Next Friday	Next Friday	Next Friday	Next Friday	Next Tuesday					
Mount Pearl	NL	Next Monday	Next Monday	Next Monday	Next Monday	Next Friday					

Winnipeg LTL Service Schedule								
		SHIPMENTS PICKED UP ON						
		Mon	Tue	Wed	Thu	Fri		
Destination	Prov		SCHEDUL	ED DAYS IN	TRANSIT			
Victoria	ВС	+5	+4	+4	+3	+2		
Vancouver	ВС	+4	+3	+3	+2	+1		
Kelowna	ВС	+4	+3	+3	+3	+2		
Calgary	AB	+3	+2	+2	+2	+1		
Edmonton	AB	+3	+2	+3	+2	+1		
Saskatoon	SK	+2	+1	+2	+1	+1		
Regina	SK	+2	+1	+2	+1	+1		
Winnipeg	MB	+1	+1	+1	+1	+1		
Toronto	ON	+5	+4	+3	+2	+2		
Ottawa	ON	+9	+8	+7	+6	+5		
Cornwall	ON	+8	+7	+6	+5	+4		
Montreal	QC	+6	+5	+4	+3	+3		
Quebec City	QC	+7	+6	+5	+4	+5		
Moncton	NB	+9	+8	+7	+6	+7		
Halifax	NS	+9	+8	+7	+6	+7		
Mount Pearl	NL	+10	+9	+8	+7	+10		



Toronto LTL Service Schedule										
		SHIPMENTS PICKED UP ON								
		Monday	Tuesday	Wednesday	Thursday	Friday				
Destination	Prov	SCHEDULED DELIVERY DAY								
Victoria	ВС	Next Tuesday	Tuesday	Tuesday	Wednesday	Thursday				
Vancouver	ВС	Monday	Monday	Monday	Tuesday	Wednesday				
Kelowna	ВС	Monday	Tuesday	Tuesday	Tuesday	Wednesday				
Calgary	AB	Friday	Monday	Monday	Monday	Tuesday				
Edmonton	AB	Friday	Monday	Monday	Monday	Tuesday				
Saskatoon	SK	Friday	Monday	Monday	Monday	Wednesday				
Regina	SK	Friday	Monday	Monday	Monday	Wednesday				
Winnipeg	MB	Thursday	Friday	Monday	Monday	Tuesday				
Toronto	ON	Tuesday	Wednesday	Thursday	Friday	Monday				
Ottawa	ON	Friday	Friday	Friday	Tuesday	Tuesday				
Cornwall	ON	Thursday	Thursday	Tuesday	Tuesday	Tuesday				
Montreal	QC	Tuesday	Wednesday	Thursday	Friday	Monday				
Quebec City	QC	Wednesday	Friday	Friday	Wednesday	Wednesday				
Moncton	NB	Friday	Tuesday	Tuesday	Tuesday	Friday				
Halifax	NS	Friday	Tuesday	Tuesday	Tuesday	Friday				
Mount Pearl	NL	Monday	Next Friday	Next Friday	Next Friday	Next Monday				

Toronto LTL Service Schedule									
		SHIPMENTS PICKED UP ON							
		Mon	Tue	Wed	Thu	Fri			
Destination	Prov		SCHEDUL	ED DAYS IN	TRANSIT				
Victoria	ВС	+6	+5	+4	+4	+4			
Vancouver	ВС	+5	+4	+3	+3	+3			
Kelowna	ВС	+5	+5	+4	+3	+3			
Calgary	AB	+4	+4	+3	+2	+2			
Edmonton	AB	+4	+4	+3	+2	+2			
Saskatoon	SK	+4	+4	+3	+2	+3			
Regina	SK	+4	+4	+3	+2	+3			
Winnipeg	MB	+3	+3	+3	+2	+2			
Toronto	ON	+1	+1	+1	+1	+1			
Ottawa	ON	+4	+3	+2	+3	+2			
Cornwall	ON	+3	+2	+4	+3	+2			
Montreal	QC	+1	+1	+1	+1	+1			
Quebec City	QC	+2	+3	+2	+4	+3			
Moncton	NB	+4	+5	+4	+3	+5			
Halifax	NS	+4	+5	+4	+3	+5			
Mount Pearl	NL	+5	+8	+7	+6	+6			





Montreal LTL Service Schedule									
		SHIPMENTS PICKED UP ON							
		Monday	Tuesday	Wednesday	Thursday	Friday			
Destination	Prov	SCHEDULED DELIVERY DAY							
Victoria	ВС	Next Tuesday	Tuesday	Tuesday	Wednesday	Thursday			
Vancouver	ВС	Monday	Monday	Monday	Tuesday	Wednesday			
Kelowna	ВС	Monday	Tuesday	Tuesday	Tuesday	Wednesday			
Calgary	AB	Friday	Monday	Monday	Monday	Tuesday			
Edmonton	AB	Friday	Monday	Monday	Monday	Tuesday			
Saskatoon	SK	Friday	Monday	Monday	Monday	Wednesday			
Regina	SK	Friday	Monday	Monday	Monday	Wednesday			
Winnipeg	MB	Thursday	Friday	Monday	Monday	Tuesday			
Toronto	ON	Tuesday	Wednesday	Thursday	Friday	Monday			
Ottawa	ON	Tuesday	Friday	Friday	Friday	Tuesday			
Cornwall	ON	Tuesday	Thursday	Thursday	Tuesday	Tuesday			
Montreal	QC	Tuesday	Wednesday	Thursday	Friday	Monday			
Quebec City	QC	Wednesday	Wednesday	Friday	Friday	Wednesday			
Moncton	NB	Friday	Friday	Tuesday	Tuesday	Tuesday			
Halifax	NS	Friday	Friday	Tuesday	Tuesday	Tuesday			
Mount Pearl	NL	Monday	Monday	Next Friday	Next Friday	Friday			

Montreal LTL Service Schedule									
		SHIPMENTS PICKED UP ON							
		Mon	Tue	Wed	Thu	Fri			
Destination	Prov		SCHEDUL	ED DAYS IN	TRANSIT				
Victoria	ВС	+6	+5	+4	+4	+4			
Vancouver	ВС	+5	+4	+3	+3	+3			
Kelowna	ВС	+5	+5	+4	+3	+3			
Calgary	AB	+4	+4	+3	+2	+2			
Edmonton	AB	+4	+4	+3	+2	+2			
Saskatoon	SK	+4	+4	+3	+2	+3			
Regina	SK	+4	+4	+3	+2	+3			
Winnipeg	MB	+3	+3	+3	+2	+2			
Toronto	ON	+1	+1	+1	+1	+1			
Ottawa	ON	+1	+3	+2	+1	+2			
Cornwall	ON	+1	+2	+1	+3	+2			
Montreal	QC	+1	+1	+1	+1	+1			
Quebec City	QC	+2	+1	+2	+1	+3			
Moncton	NB	+4	+3	+4	+3	+2			
Halifax	NS	+4	+3	+4	+3	+2			
Mount Pearl	NL	+5	+4	+7	+6	+5			

#### **Additional Shipping Information**

All orders must be ready no later than 4pm local time, though some exceptions apply based on geographical area or lane. Check with Customer Service for further information. Any orders that are ready after the allocated time could potentially result in delays in the freight being delivered.