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To facilitate that process, a large silo holds 15,000 kilograms of flour to make the thousands of rolls, bagels and speciality breads turned out by 15 full and part-time employees each week at the 5,000 square-foot facility Bell Boulevard facility.

Every two weeks, a delivery truck refills the silo, "blowing" the flour in through a special opening.

Because Belleville Buns Master is a scratch bakery, it can offer customers price savings on its products, said Courneya.

"We don't have to purchase dough from another company, so we can make our breads for less," she said.

With the growing demand for

specialty breads, Buns Master's head office is kept busy developing new products for the increasingly varied tastes of customers, who want not only flavor, but less fat.

Its soya and sunflower loaf is cholesterol free and low in saturated fats, as is its flax bread, and all bread products are made with pure canola oil, which is unsaturated.

Consumer demand for more fibre in their diets is another reason Buns Master is offering more of its traditional white bread products in whole wheat, such as hamburger and hot dog rolls, said Courneya.

Baked pizza shells and kaiser buns are probably the most popu-

lar item sold in the factory's adjacent store, while white and whole wheat are the majority of what the company delivers to area restaurants and other commercial customers.

But much more than bread and rolls are made at Buns Master.

Cookies, sticky buns, butter tarts, Nanaimo bars and apple dumplings are just a sampling of the sweets available in the store, open seven days a week (as is the bakery).

"Almost everyone likes some type of bread or rolls," smiled Courneya. "But if they don't we're sure to have something else that will tempt them."

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