

### grocery

**30%** OFF

Elan Dried Fruits & Trail Mixes Assorted



SAVE UP TO \$2.00

**3**<sup>49</sup>

Earthbound Farms Organic Frozen Vegetables Assorted (255-300g)



SAVE \$6.00

**10**<sup>99</sup>

Villa Vanilla Pure Mexican Vanilla Extract (125mL)



SAVE \$3.00

**6**<sup>49</sup>

Canadian Heritage Organic Maple Syrup Assorted (250mL)



Sweeten it with Syrup



SAVE \$6.50

**12**<sup>49</sup>

Canadian Heritage Organic Maple Syrup Assorted (500mL)



SAVE \$6.00

**10**<sup>99</sup>

Commercial Drive Coffee Assorted (300g)



SAVE \$5.00

**12**<sup>99</sup>

Mogiana Coffee Assorted (340g)



**30%** OFF

Anita's Organic Flours (0.9-2kg Bag)



SAVE \$3.00

**5**<sup>49</sup>

Happy Planet Fresh Soups Assorted (500-650mL)



SAVE \$6.00

**12**<sup>99</sup>

La Chaudiere Organic Medium Cheddar or Swiss (340g)



SAVE UP TO \$4.50

**3**<sup>99</sup>

Bremner's Organic Frozen Fruit Assorted (300g)



SAVE UP TO \$1.30

**2**<sup>99</sup>

Sober Carpenter Non-Alcoholic Beers & Ciders Assorted (473mL)



SAVE \$5.20

**7**<sup>49</sup>

Nuts To You Macadamia Butter & Macadamia Cashew Butter (365g)



SAVE \$2.00

**4**<sup>99</sup>

Kettle Chips Potato Chips Assorted (368g)



SAVE \$2.50

**3**<sup>49</sup>

Earth's Choice Organic Tomatoes Assorted (796mL)



**produce**

PRODUCT OF CANADA

**4<sup>99</sup>** /EA

Organic Cranberries (227g bag)



BC GROWN

**2<sup>49</sup>** /LB

Organic Ambrosia Apples



PRODUCT OF USA

**2<sup>49</sup>** /LB

Organic Yams & Sweet Potatoes



PRODUCT OF MEXICO

**3<sup>99</sup>** /LB

Organic Green Beans



**health**

**flowers**



SAVE \$1.00

**8<sup>99</sup>**

Douglas Fir/Cedar Boughs



SAVE \$4.00

**53<sup>99</sup>** /KG

Wild Sockeye Salmon

**meat**



**10% OFF**

Chicken Drumsticks



SAVE 60¢

**3<sup>89</sup>**

Jalapeño Cheddar Salmon Burger



SAVE \$10.00

**59<sup>99</sup>**

Ergogenics Plant Protein Assorted (720g)

SAVE \$8.00

**29<sup>99</sup>**

New Roots Cold & Flu (30 Caps)



SAVE \$1.00

**10<sup>99</sup>**

Pine Boughs



SAVE \$5.00

**83<sup>90</sup>** /KG

Parmesan Salami

**deli**



**25% OFF**

Pitted Kalamata Olives



**25% OFF**

Classic Italian Cheeses: Parmigiano Reggiano, Grana Padano, and Pecorino Romano

SAVE \$1.00

**12<sup>99</sup>**

Dessert Essence Shampoo Assorted (237mL)



SAVE \$1.00

**12<sup>99</sup>**

Dessert Essence Conditioner Assorted (237mL)



SAVE \$2.00

**6<sup>99</sup>**

Paper White Narcissus (6" Pot)



SAVE \$1.00

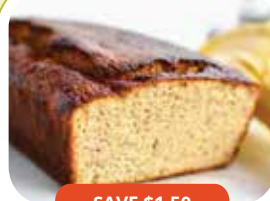
**5<sup>99</sup>**

Ginger Chicken Soup (500mL)

SAVE \$1.00

**11<sup>99</sup>**

Ginger Chicken Soup (1L)



SAVE \$1.50

**7<sup>99</sup>**

Organic Banana Loaf

SAVE \$5.00

**34<sup>99</sup>**

AOR Liquid Vitamin D3 (50mL)

