

### grocery

**25% OFF**



Stahlbush Island Farms  
Assorted Frozen  
Vegetables (283-397g)



SAVE \$5.00

**13<sup>99</sup>**

Commercial Drive  
Assorted Coffee (300g)

Local  
Coffee  
Love



SAVE \$1.50

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

Mary's Organic Crackers Super  
Seed Crackers Assorted (155g)



SAVE \$1.50

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

Theo Organic  
Chocolate Bars  
Assorted (85g)



SAVE \$1.00

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

Kettle Brand  
Kettle Chips  
Assorted (368g)



SAVE \$1.50

**5<sup>29</sup>**

Cedar Valley  
Pita Chips  
Assorted (180g)



SAVE \$1.50

**4<sup>49</sup>**

Eco-Max Plant-Based  
Dish Soaps Assorted  
(740mL)



SAVE \$4.00

**9<sup>99</sup>**

Greens Assorted  
Organic Rice  
(900g)



SAVE \$6.50

**26<sup>99</sup>**

Maison Orphee Organic  
Extra Virgin Olive Oil  
Delicate (750mL)



SAVE \$5.00

**17<sup>99</sup>**

Maison Orphee  
Organic Sunflower Oil  
for Cooking (750mL)



SAVE \$4.90

**11<sup>49</sup>**

Nuts To You Macadamia  
Butter Smooth (365g)



SAVE \$4.90

**11<sup>49</sup>**

Nuts To You Macadamia  
Cashew Butter (365g)



SAVE \$3.50

**15<sup>49</sup>**

La Chaudiere Organic  
Cheese Assorted (340g)



SAVE 50¢

**1<sup>99</sup>**

Koyo Ramen Noodles  
Assorted (60g)



SAVE 80¢

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

Cove Probiotic  
Soda Assorted  
(355mL)



**30% OFF**

Baking it  
Easy!

Anita's Organic Mill  
Assorted Baking Flour and  
Gluten Free Flour (1-2kg)





## produce

PRODUCT OF USA

**2.49**  
/LB

Organic Yams



PRODUCT OF USA

**2.49**  
/LB

Organic Sweet Potatoes



PRODUCT OF CHINA

**9.99**  
/EA

Organic Mandarin Oranges (4lb Box)



PRODUCT OF CANADA

**4.99**  
/EA

Organic Cranberries (227g)

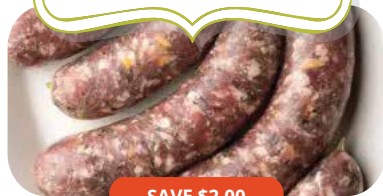


## meat

SAVE \$2.00

**17.99**  
/KG

Herb & Garlic Pork Sausage



## deli

**25%**  
OFF

Smoked Gouda



**25%**  
OFF

Sicilian Olives



## health

SAVE \$8.30

**46.69**

Fera Pro Iron 30mg  
(100 caps)



SAVE \$5.00

**57.99**  
/KG

Pate De Campagne



**50¢**  
OFF

Fried Rice



**1.00**  
OFF

Prosciutto & White Bean Soup



SAVE \$3.00

**26.99**

Nature's Way Calcium  
Magnesium Citrate 2:1  
Assorted Flavours (500 mL)



SAVE \$2.60

**23.29**

Weleda Skin Food  
(75 mL)



**10%**  
OFF

Beef Shank



SAVE \$1.00

**6.99**

Chocolate Chip Muffins (2 Pack)



**Seniors Day**  
Jan 6  
**Customer**  
**Appreciation Day**  
Dec 10