

**grocery**



**30% OFF**

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



SAVE \$2.50

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

Lundberg Family Farms Organic Rice Assorted (907g)

SAVE \$1.50

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

Daiya Dairy Alternative Cheese Slices Assorted (220g)



SAVE \$1.50

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

Daiya Dairy Alternative Shredded Cheese Assorted (200g)



**30% OFF**

Bob's Red Mill Assorted Gluten Free Oats (680-907g)



SAVE \$2.50

**8<sup>49</sup>**

Bob's Red Mill Nutritional Yeast (142g)



**Path to a Delicious Breakfast**

SAVE \$1.50

**10<sup>49</sup>**

Nature's Path Assorted Eco-pak Cereals (650-907g)



SAVE \$3.50

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

Nature's Path Assorted Love Crunch Granola (700g)



SAVE \$1.00

**3<sup>39</sup>**

Ilios Assorted Organic Broths (946mL)



SAVE 50¢

**2<sup>79</sup>**

Ilios Assorted Crostini (175g)



SAVE \$1.50

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

Greens Branded Nutritional Yeast (150g)



SAVE \$1.00

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

Greens Branded Organic Frozen Bluebs (1Kg)



SAVE \$2.00

**7<sup>59</sup>**

Elmhurst Assorted Dairy Alternative Beverages (946mL)



SAVE \$1.50

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

Elmhurst Assorted Dairy Alternative Oat Creamers (473mL)



SAVE \$1.00

**2<sup>29</sup>**

Cove Assorted Probiotic Sodas (355mL)



SAVE 50¢

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

Rise Kombucha Assorted (414mL)



SAVE \$1.50

**10<sup>49</sup>**

Lemonaide Lemon Floor Cleaner (750mL)



SAVE \$2.50

**8<sup>49</sup>**

Chosen Foods Assorted Avocado Oil Salad Dressings (237mL)



SAVE \$1.00

**2<sup>69</sup>**

Hungry Buddha Assorted Functional Bars (40g)



SAVE \$5.00

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

Mogiana Whole Bean Coffee Assorted (340g)



SAVE \$4.50

**14<sup>49</sup>**

Commercial Drive Assorted Coffee (300g)



SAVE \$1.50

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

Cocoa Camino Assorted Hot Chocolate (275-336g)



SAVE \$1.20

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

Hardbite Potato Chips Assorted (150g)



SAVE 50¢

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

Kettle Potato Chips Assorted (156-198g)



SAVE \$2.00

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

Honey Stinger Assorted Energy Chews (50g)



SAVE \$3.00

**14<sup>99</sup>**

Nature Clean Assorted Laundry Soap (1L)



SAVE \$5.50

**20<sup>49</sup>**

The Cultured Coconut Fermented Org Coconut Milk (460mL)



SAVE \$3.00

**9<sup>59</sup>**

Nuts to You Nut Butter Assorted Almond Butter (365g)



SAVE \$2.50

**8<sup>49</sup>**

Wildbrine Assorted Fermented Foods (500mL)



**produce**

BC GROWN

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

Organic Pink Lady Apples



PRODUCT OF USA

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

Organic Lemons



PRODUCT OF USA

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

Organic Cauliflower



PRODUCT OF MEXICO

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

Organic Black Kale



**Seniors Day**  
Feb 3  
**Customer**  
**Appreciation Day**  
Feb 11

**meat**

SAVE \$1.50

**13<sup>49</sup>**  
/KG

Pork Ground



**25%**  
OFF

Venison



**health**

SAVE \$4.00

**42<sup>99</sup>**

New Roots Wild Omega  
3 Lemon 120 (Caps)



SAVE \$3.50

**31<sup>49</sup>**

Ergogenics 8 Mushroom  
Blends (120-210g)



**10%**  
OFF

Nordic Naturals Products



SAVE \$4.00

**37<sup>99</sup>**

Sundhed Pure Himalayan  
Salt Lamp (Small)



SAVE \$5.00

**41<sup>99</sup>**

Le Comptoir Mist  
Diffuser Mini Batur



**deli**

**25%**  
OFF

Aged Cheddar



**25%**  
OFF

Kalamata Olives



**25%**  
OFF

Comte



SAVE \$5.00

**29<sup>90</sup>**  
/KG

Farmhouse Ragu



SAVE \$5.00

**56<sup>80</sup>**  
/KG

Dry Chorizo



SAVE \$1.00

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

Lemon Blueberry Loaf

