

grocery

SAVE \$2.50

5²⁹

Nuts To You Smooth Peanut Cashew Butter (365g)



SAVE \$2.50

5²⁹

Nuts To You Smooth Peanut Hazelnut Butter (365g)



SAVE \$2.50

9⁴⁹

Wilkin & Sons Ltd. Spreads (175mL)



SAVE \$1.50

4⁹⁹

Nature Clean Assorted Dish Soaps (740mL)



SAVE \$1.80

10⁴⁹

G.T.'s Assorted Organic Kombucha (1.4L)



30% OFF

Knudsen & Son's Assorted Organic and Non-Organic Juices (946mL)



SAVE \$4.00

30⁹⁹

Canadian Heritage Assorted Organic Maple Syrup (1L)



SAVE \$2.00

4⁴⁹

Plum.m.Good Assorted Organic Rice Cakes (185g)



SAVE 50c

5⁴⁹

Earth's Own Assorted Oat Beverages (1.75L)



SAVE \$1.50

6⁴⁹

Earth's Own Assorted Café Edition Oat Creamers (946mL)



SAVE 50c

3⁹⁹

Cerebelly Assorted Organic Baby Puree (128mL)



SAVE 50c

4⁴⁹

Cerebelly Assorted Organic Baby Puree With Broth (128mL)



SAVE \$1.50

6⁴⁹

Zazubean Assorted Organic and Non-Organic Vegan Chocolate Bars (80-85g)



1⁰⁰
OFF

Raincoast Trading Assorted Canned Pink Salmon (150-160g)



SAVE \$1.00

4⁹⁹

Alter Eco Chocolate Bars Assorted (75-84g)



SAVE \$1.50

8⁴⁹

Millsie Cashew Spreads Assorted (183-185g)



Tastes Soy Good

20% OFF

Sunrise Soya Foods Assorted Tofu (300-500g)



SAVE \$3.50

9⁹⁹

Caboo Bamboo and Sugar Cane Toilet Paper (12 Roll)



SAVE \$2.50

12⁴⁹

Navitas Naturals Organic Raw Cacao Powder (227g)



SAVE \$4.50

21⁴⁹

Navitas Naturals Organic Raw Cacao Powder (454g)



SAVE \$1.00

2⁷⁹

Thirsty Buddha Assorted Probiotic Soda (355mL)



SAVE \$1.50

6²⁹

Thirsty Buddha Organic Coconut Water (1L)



SAVE \$1.50

4⁴⁹

Caboo Kitchen Towels (2ct)



SAVE \$1.20

3⁴⁹

Go Bio Organic Gummi's Assorted (75g)



SAVE \$2.50

8⁴⁹

Mid-Day Squares Functional Bars Assorted (4x132g)



Berry Delicious Fruit Snacks

SAVE \$2.00

4⁴⁹

Patience Fruit & Co Assorted Dried Cranberries (105g)



SAVE \$1.50

2⁴⁹

Patience Fruit & Co Assorted Dried Cranberries (60g)



SAVE \$2.00

3⁸⁹

Caboo Toilet Paper (4 Roll)



SAVE \$1.90

4⁴⁹

Silver Hills Bakery Assorted Fresh Bread Loaves (430-615g)



SAVE 50c

2⁴⁹

A. Genco Assorted Salt (1kg)



25% OFF

Eco By Naty Assorted Diapers (17-25ct)



25% OFF

Greens Branded Assorted Nuts (150-454g)



SAVE \$1.50

4⁴⁹

Caboo Flushable Bamboo Wipes (60ct)



produce

BC GROWN

2²⁹
/LB

Organic Spartan Apples



BC GROWN

1⁹⁹
/LB

Organic Yellow Potatoes



BC GROWN

2²⁹
/LB

Organic Red Onions



BC GROWN

1⁹⁹
/LB

Organic Spaghetti Squash



Seniors Day
Mar 3
Customer Appreciation Day
Mar 11

meat



10%
OFF

Mortadella



25%
OFF

Pork Burgers



25%
OFF

Pork Loin Roasts

health



SAVE \$4.50

25⁴⁹

Lavigne Mayan Magic Balm (100mL)

SAVE \$3.00

16⁹⁹

Botanica Goldenseal (50mL)



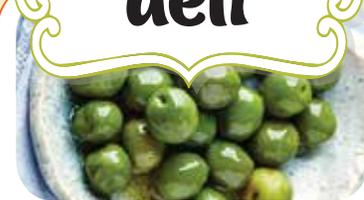
deli



SAVE 50c

2⁹⁹
/EA

Rice Crispies



25%
OFF

Castelvetrano Olives



25%
OFF

Edam Cheese



SAVE \$5.00

18⁹⁹
/EA

Frozen Meat Lasagna



SAVE \$5.00

64⁹⁰
/KG

Smoked Turkey Ham



SAVE \$2.00

13⁹⁹
/EA

Shepherd's Pie



SAVE \$2.00

18⁹⁹

ITL Vitamin D Plus (60 Caps)