



April 25 - May 1

Cut From Canada AA Grade Beef

Beef Short Ribs
Found in our Meat Department.

REG \$2.19 100 G
SAVE 40¢ 100 G

Product of Canada

Organic Local Red & Yellow Bell Peppers

(88¢/100 g) Found in our Produce Department.

\$3⁹⁹_{LB}

REG \$5.99 LB **SAVE \$2 LB**

¢**4**00

100 G

Wild Caught Product of Canada

Found in our Seafood Department.

Fresh Haddock Fillet

REG \$3.09 100 G SAVE \$1.10 100 G

Dream

Non Dairy Beverages

(946 mL)

2\$**6**

REG \$3.99 EA **SAVE 99¢ EA**



Whole Foods Market

Quinoa & Chopped Super Green Salad

\$219 100 G

REG \$2.49 100 G SAVE 30¢ 100 G



Best products for the best prices.

LOOK FOR THE LOGO AND SAVE



So Nice

Organic Almond Beverage

(1.75 L) Found in our Grocery Department.

\$399 EA

REG \$4.99 EA SAVE \$1 EA



Eco Max

3X Natural Laundry Wash

(1.5 L) Found in our Grocery Department.

\$999 EA

REG \$15.99 EA SAVE \$6 EA



Frontera

Skillet Sauces

(209-221 mL)

2\$6 FOR Whole Foods Market Vanilla Pound Cake

(453 g)

\$499 EA

REG \$5.99 EA SAVE \$1 EA

Happy Planet

Go Nuts Nutmilk Smoothies

(900 mL)

\$399 EA

REG \$4.99 EA SAVE \$1 EA

Lundberg Organic

Thin Stackers

(167 g)

2\$5

REG \$4.99 EA SAVE \$2.49 EA

Jason Natural Products
Toothpaste

(119-170 g)

\$5³⁹ EA

REG \$6.99 EA SAVE \$1.60 EA

Little Duck Organic Fruit Snacks

(21 g)

\$469 EA

REG \$5.99 EA SAVE \$1.30 EA

Welo

Probiotic Fermented Juice

(355 mL)

\$239 EA

REG \$3.99 EA SAVE \$1.60 EA

Perror

4 Year Cheddar

\$399 100 G

REG \$5.29 100 G SAVE \$1.30 100 G

Olympic

Organic Yogurt

(650 g

2\$**7**

REG \$5.39 EA SAVE \$1.89 EA

Smile Natural Granolas

(375 g)

\$399 EA

REG \$4.99 EA SAVE \$1 EA

Kiju

Organic Juice Bottles

(300 mL)

2\$3 FOR

REG \$1.99 EA SAVE 49¢ EA

New Roots Herbal

Wild Oregano Oil C93

(15 mL)

\$899 EA

REG \$12.99 EA SAVE \$4 EA

Caboo

Jumbo 2 Ply Bathroom Tissue

(24 ct)

\$1699 EA

REG \$24.99 EA SAVE \$8 EA

Ecoideas

Organic Camu Camu Berry Powder

(113 g) \$ 1599 EA

REG \$19.99 EA SAVE \$4 EA

Derma E

Vitamin C Renewing Moisturizer

\$25⁹⁹

REG \$33.99 EA SAVE \$8 EA

Nutiva

Organic Liquid Coconut MCT Oil

(946 mL)

\$29% EA

REG \$39.99 EA SAVE \$10 EA

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