



Simple Goodness™

Weekly SPECIALS



PROUDLY
LOCAL



SUPER
Saver

**FRESH BC BONELESS
SKINLESS CHICKEN
BREASTS** family pack 15.41/kg

Save **39% OFF**
REGULAR PRICE

6.99 lb



PROUDLY
CANADIAN

SUPER
Saver

Save **42% OFF**
REGULAR PRICE

**FRESH CANADIAN
PORK TENDERLOIN**
family pack 12.10/kg

5.49 lb



OCEAN
WISE

SUPER
Saver

OCEAN WISE
**FRESH STEELHEAD
TROUT FILLETS**

3.99 /100g



PROUDLY
LOCAL

SUPER
Saver

LOCALLY GROWN
BC FRESH PEACHES
8.80/kg

3.99 lb



PROUDLY
LOCAL

SUPER
Saver

1lb
LOCALLY GROWN
**BC FRESH
BLUEBERRIES**
454 g • weather permitting

4.49 ea



SUPER
Saver

COCA COLA
canada dry, a&w, sprite, fanta or
fresca 2 L plus deposit & recycle fee

2/\$4



PROUDLY
CANADIAN

SUPER
Saver

**BASSILI'S BEST
LASAGNA**
or shepherd's pie 907 g

5.99 ea



PROUDLY
CANADIAN

SUPER
Saver

**CHAPMAN'S
YUKON FROZEN
NOVELTIES** 5's - 8's

3.99 ea



Your neighbourhood grocer,
100% CANADIAN

We are a proud B.C. owned and operated Canadian company.
Shop with pride, knowing you're supporting thousands
of local brands and businesses from right here at home.

FRIDAY, JULY 25, 2025 - THURSDAY, JULY 31, 2025



CUT FROM WESTERN CANADIAN
**FRESH AAA
CERTIFIED ANGUS
BEEF® T-BONE
STEAKS**

family pack 52.89/kg
aged minimum 21 days



23.99 lb



OLIVIERI
Fresh Pasta
500 g - 700 g selected or
**Fresh Pasta
Sauce** 160 g or 300 mL

9.99 ea
4.99 ea



**Fresh BC
Chicken Thighs**
bone-in • family pack
9.90/kg

4.49 lb



**NEW ZEALAND SPRING
Lamb Shoulder
Arm Chops**
675 g • frozen

19.99 ea



**Fresh Canadian
Boneless Pork
Shoulder Blade
Roast or Steaks**
family pack 12.10/kg

5.49 lb



**Fresh BC
Chicken Legs**
family pack 8.13/kg

3.69 lb



CUT FROM WESTERN CANADIAN
**Fresh AAA Certified
Angus Beef®
Inside Round
Roast or Steaks**
family pack 19.82/kg
aged minimum 21 days

8.99 lb



**SCHNEIDERS
ORIGINAL RECIPE
All Beef Wieners**
375 g

5.99 ea



**SCHNEIDERS
Chicken Wings**
615 g

9.99 ea



**SCHNEIDERS
Smoked Turkey
Breast**

3.39 /100g



**SCHNEIDERS
Juicy Jumbos**
375 g - 450 g

5.99 ea



**JANES
Battered or
English Style
Fish** 450 g - 510 g

8.99 ea



**OCEAN WISE
Ahi Tuna Steaks**
160 g • previously frozen
or frozen

4.99 ea



**7 SEAS
OCEAN WISE
Raw White
Shrimp** 340 g
peeled & deveined • tail on
31-40 count

7.99 ea



**AQUA STAR
Skillet Fillets**
wild haddock, wild cod
or wild sole 400 g

12.49 ea



**ARMSTRONG
NATURAL SHREDDED
CHEESE** 500 g

6.99 ea



**HELUVA GOOD!
SOUR CREAM
DIPS** 250 g

2/\$6



**MILK2GO
Partly Skimmed
Milk** 200 mL
plus deposit & recycle fee

5.49 pk



**ARMSTRONG
Natural Cheese
Slices** 240 g
or sticks 210 g

5.49 ea



**IMPERIAL
Soft Margarine
Spread** 1.28 kg or
squares 12's

8.49 ea



**MAISON RIVIERA
Plant-Based
Kefir** probiotic 946 mL

5.99 ea



**ACTIVIA
Active
Probiotics
Yogurt** 100 g

6.99 12 pk



**CHAPMAN'S
Super Premium
Plus Ice Cream**
500 mL

4.99 ea



**RISE
ORGANIC KOMBUCHA**
414 mL plus deposit & recycle fee

2/\$7

LOCAL BC Goodness



PROUDLY LOCAL



SUPER Saver

FRESH IS BEST SALSA & CO
TORTILLA CHIPS
300 g

3.99 ea



PROUDLY LOCAL

QUE PASA
Organic
Taco Shells 10's
gluten free

3.79 ea



PROUDLY LOCAL

EVERLAND
Organic Dried
Beans 454 g • selected

3.99 ea



PROUDLY LOCAL

3.59 ea



PROUDLY LOCAL

HOLY NAPOLI
Authentic
Neapolitan
Pizzas 355 g - 425 g

9.99 ea



PROUDLY LOCAL

CARBONAUT
Plant-Based
Granola 283 g
vegan • gluten free

10.29 ea



PROUDLY LOCAL

HOLY CRAP
Superseed Blend
Organic Cereal
225 g • plant-based

7.99 ea



PROUDLY LOCAL

LEVEL GROUND
COFFEE ROASTERS
Organic Coffee
300 g • fairtrade

11.49 ea



PROUDLY LOCAL

ROGERS LANTIC
Nature's Raw
Golden Cane
Sugar 450 g or
cubes 500 g

3.99 ea



PROUDLY LOCAL

SUPER Saver

OLYMPIC
KREMA YOGURT
1.75 kg

9.99 ea



PROUDLY LOCAL

ROGERS
FLOUR all purpose, bread
or dark rye 2.5 kg

3.99 ea



PROUDLY LOCAL

7.49 ea



PROUDLY LOCAL

ROGERS LANTIC
Demerara Style
Brown Sugar 1 kg

3.69 ea



PROUDLY LOCAL

TREE ISLAND
GOURMET
Yogurt 350 mL
made with 100% BC
grass-fed dairy

4.29 ea



PROUDLY LOCAL

ELIAS
Honey creamed or
squeeze bottle 500 g

9.29 ea



PROUDLY LOCAL

7.99 ea



PROUDLY LOCAL

VANCOUVER ISLAND
SEA SALT
Fine Sea Salt 300 g

7.59 ea



PROUDLY LOCAL

NINA'S
Pierogies
400 g - 540 g

7.99 ea



PROUDLY LOCAL

4.49 ea



PROUDLY LOCAL

ISLAND FARMS
Classic
Ice Cream 1.65 L

6.99 ea



PROUDLY LOCAL

MINDFUL MONK
Functional
Fudge or dark
chocolate squares 54 g

5.29 ea



PROUDLY LOCAL

TRU EARTH
Laundry Detergent
Eco Strips 32's
64 he loads

12.39 ea



PROUDLY LOCAL

NELLIE'S
All-Natural
Laundry Soda
100 loads 1.5 kg

19.99 ea



PROUDLY LOCAL

LESLEY STOWE
RAINCOAST CRISPS
150 g

5.99 ea



SIP INTO Summer



DEL MONTE
On Ice
Refreshing
Beverage
1.89 L plus deposit
& recycle fee

3.49 ea



SANPELLEGRINO
Italian Sparkling
Drinks 330 mL
plus deposit & recycle fee

6.99 6 pk



CERES
100% Fruit
Juice Blend
1 L plus deposit
& recycle fee

3.79 ea



CLEVER
Premium
Mocktails
non-alcoholic
355 mL plus deposit
& recycle fee

2.89 ea



SUPER
Saver

SNAPPLE
ICED TEA
or fruit beverages 473 mL
plus deposit & recycle fee

4/\$4



SUPER
Saver

OLÉ COCKTAIL CO
NON ALCOHOLIC
MOCKTAILS
355 mL plus deposit & recycle fee

8.99 4 pk



COCA COLA
Mini Cans
canada dry, sprite, a&w,
fanta or fresca 222 mL
plus deposit & recycle fee

4.69 6 pk



MASTER OF MIXES
Handcrafted
Cocktail
Mixers 1 L

6.99 ea



EVIVE
Smoothie
Cubes
blender-free
405 g



9.99 ea



MIO, TANG or
COUNTRY TIME
Liquid Drink
Mixes 48 mL

3.99 ea



CAVENDISH FARMS
Fries or potato tots
540 g - 750 g

3.99 ea



MANNY'S
Soft Taco Size
Tortillas 10's

1.79 ea



HAVOC
Chips 170 g - 280 g

2/\$8



DIANA SAUCE
BBQ Sauce
500 mL

4.69 ea



HIGH LINER
CRISPY BREADED
FISH BURGERS 8's
battered fish or fish sticks
500 g - 700 g

9.49 ea



CAMPBELL'S
Broth 900 mL • selected

2.99 ea



KELLOGG'S
Corn Flake
Crumbs 575 g

4.99 ea



FALESCA
MOLISANA
Pasta
Sauce
680 mL

6.49 ea



RISCOSSA
Pasta
500 g

2/4.50



PROUDLY
CANADIAN

SUPER
Saver

DEMPSTER'S
SIGNATURE BREAD
600 g or bagels 5's • selected

3.99 ea



MADE GOOD
Organic Mornings
or Chocolate
Drizzled Bars
or soft baked mini
cookies 5's



4.29 ea



STOKED OATS
Run Of The Mill
Organic Oats
rolled or quick 810 g
gluten free



7.59 ea



GENUINE TEA CO.
Teas 15's



6.99 ea



KELLOGG'S
Family Size
Cereals 450 g - 650 g
selected

6.99 ea



FLAVOURS of the WORLD



LOCALLY GROWN
FRESH BC DAIKON RADISH
4.39/kg



1.99 lb



CHINA
Fresh Century Asian Pears 4.39/kg

1.99 lb



LOCALLY GROWN
Fresh BC Long Chinese Eggplant 6.59/kg



2.99 lb



7UP Nimbooz Lemonade
355 mL
plus deposit & recycle fee

2/\$3



SEA TALES Anchovy Fillets
in olive oil 45 g

6.49 ea



LOTUS FOODS Pad Thai Rice Noodles
227 g

5.49 ea



CHOLULA Salsa 325 mL or cremosa sauce 236 mL

5.69 ea



ALCAN Aluminum Foil
classic 11.8" x 50'

3.69 ea



ROYALE Bathroom Tissue original double roll 12's

10.99 ea



NATURA SOLUTIONS Cleaning Products
spray cleaners 680 mL or biodegradable disinfecting wipes 40's • selected

3.89 ea



ARM & HAMMER Clumping Litter
double duty or multi-cat 6.4 kg

9.99 ea



GREEK HOUSE RESTAURANT TZATZIKI OR HOMOUS 227 g

4.99 ea



SUPER Saver

MADE FRESH IN-STORE BROWNIES
assorted varieties 510 g - 650 g

6.99 ea



Greek Salad 2.29/100g



KRINOS Organic Kalamata Olives
organic olive mix 375 mL or founder's blend 250mL

6.99 ea



PRETZILLA SOFT PRETZEL BREAD BURGER, SLIDER OR SAUSAGE BUNS 238 g - 362 g

5.49 ea



LAS MARGARITAS Premium Salsa 500 mL

8.49 ea



FREYBE Snack Salami 56 g gluten free



3.99 ea

PARISIAN BREAD
baked fresh in-store daily 460 g



3.99 ea



SUNFLOWER 6" pot

9.99 ea



ARLA Castello Havarti Cheese 170g-200g

7.99 ea



ALEXIS DE PORTNEUF Capriny Soft Fresh Goat Cheese 100g

3.99 ea



SAPUTO SHEEP & GOAT FETA CHEESE 200 g

5.99 ea

DESTINY BOUQUET



29.99 ea





LOCALLY GROWN

BC FRESH PEACHES & CREAM
CORN ON THE COB

99¢
ea



PROUDLY LOCAL

7.99 lb

LOCALLY GROWN

BC FRESH
RAINIER CHERRIES

10.5 row or larger • 17.62/kg



IMPORTED

FRESH PERSONAL SIZE
WATERMELONS

6.49 ea

1lb



PROUDLY LOCAL

4.99 ea

LOCALLY GROWN

BC FRESH SUPER SWEET
DOLCE MINI PEPPERS

454 g



PROUDLY LOCAL

2.49 lb

LOCALLY GROWN

BC FRESH TOMATOES
ON THE VINE

5.49/kg

PROUDLY LOCAL



LOCALLY GROWN

BC FRESH HOT HOUSE
BUTTER LETTUCE

4.99 ea

PROUDLY LOCAL



LOCALLY GROWN

BC FRESH RADISH

by the bunch

1.79 ea



IMPORTED

FRESH ORGANIC
RED GRAPES

13.21/kg

5.99 lb

2lb



PROUDLY LOCAL

9.99 ea

LOCALLY GROWN

BC FRESH ORGANIC
APRICOTS

907 g



MEXICO

FRESH ORGANIC
HASS AVOCADOS

5.99 3 pk

SIMPLY

FRESH

OR IT'S *Free**

If you purchase any product in our store from any department and it doesn't meet your standard of freshness, just bring it to our attention within 3 days along with the product and the original receipt. We will replace that same product for *Free* and give you an equivalent value in an IGA gift card.

*This offer applies to products throughout the entire store. Some products are excluded. See staff or visit www.igastoresbc.com for details.

RETURN POLICY FOR EACH DEPARTMENT:

PRODUCE

Produce product must be returned in raw condition (uncooked) along with original receipt.

MEAT & SEAFOOD

Meat or seafood products must be returned in raw condition (uncooked) along with original package sticker and original receipt.

BAKERY

Packaged product or fresh product must be returned in the original packaging along with original receipt.

DELI

Packaged product or fresh deli product in raw condition (uncooked) along with original package sticker and original receipt.

GROCERY

Product must be returned in original packaging along with original receipt.

WEEKLY SPECIALS ARE AVAILABLE AT PARTICIPATING IGA STORES IN BRITISH COLUMBIA.

Some products may not be available at all stores. Photographs are for illustration purposes only, actual sale items may not be exactly as shown. Some food photographs may illustrate serving suggestions. Prices do not include applicable taxes, eco fees or bottle deposits & recycle fee where applicable. We reserve the right to limit quantities.

TO FIND A STORE NEAR YOU GO TO WWW.IGASTORESBC.COM