

Weekly SPECIALS



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

Save 39% OFF REGULAR PRICE



FRESH CANADIAN

PORK TENDERLOIN family pack 12.10/kg

5.49



OCEAN WISE FRESH STEELHEAD TROUT FILLETS

3.99_{/100g}



LOCALLY GROWN BC FRESH PEACHES 3.99_b







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



BASSILI'S BEST **LASAGNA** or shepherd's pie 907 g **5.99**^a



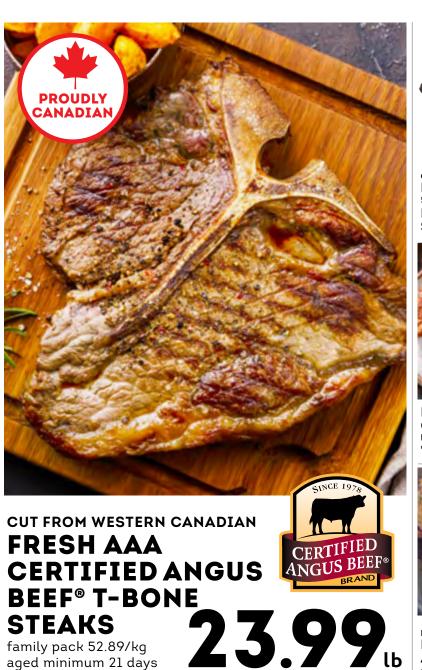
YUKON FROZEN **NOVELTIES** 5's - 8's **3.99**..



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.







Chicken Thighs bone-in • family pack 9.90/kg



Fresh BC Chicken Legs family pack 8.13/kg

Fresh Canadian

Boneless Pork

Shoulder Blade

Roast or Steaks

family pack 12.10/kg

3.69_{tb}

5.49₆



CUT FROM WESTERN CANADIAN

Inside Round Roast or Steaks family pack 19.82/kg aged minimum 21 days 8.99₁₆

Fresh AAA Certified Angus Beef®



family pack 52.89/kg

aged minimum 21 days

SCHNEIDERS
ORIGINAL RECIPE
All Beef Wieners

5.99.



SCHNEIDERS Chicken Wings 9.99_{ea}





4.99.

Ahi Tuna Steaks

160 g • previously frozen or frozen

7 SEAS OCEAN WISE **Raw White** Shrimp 340 g 7.99

peeled & deveined • tail on 31-40 count

AQUA STAR Skillet Fillets 2.49. wild haddock, wild cod or wild sole 400 g



SCHNEIDERS Smoked Turkey 3.39/1009



SCHNEIDERS Juicy Jumbos 375 g - 450 g

5.99.



NATURAL SHREDDED 6.99ea









IMPERIAL Soft Margarine 8.49.. Spread 1.28 kg or squares 12's

ACTIVIA

Active

Yogurt 100 g

KEFIR MAISON RIVIERA Plant-Based 5.99. **Kefir** probiotic 946 mL

CHAPMAN'S **Super Premium** 6.99 12 pk **Probiotics** Plus Ice Cream 4.99 ...



RISE
ORGANIC KOMBUCHA
2 / \$ 7 414 mL plus deposit & recycle fee

LOCAL BC Goodness



FRESH IS BEST SALSA & CO TORTILLA CHIPS

3.99_{••}



QUE PASA

HOLY NAPOLI Authentic Neapolitan Pizza Dough

PROUDLY LOCAL

PROUDLY 1 3.59.



Organic Dried 3.99 ... Beans 454g · selected



Authentic Neapolitan 9.99. Pizzas 355g-425g



PROUDLY LOCAL HOLY CRAP Superseed Blend 7.99.. Organic Cereal

PROUDLY LOCAL OLYMPIC KREMA **SUPER** KREMA Saver

ROGERS LANTIC PROUDLY LOCAL Nature's Raw Golden Cane

Sugar 450g or

OLYMPIC KREMA YOGURT 1.75 kg

9.99_{ea}



level

3.99. NO ADDITIVE

FLOUR

ANITA'S ORGANIC MILL Organic Pancăke & Waffle Mixes 900g-1kg PROUDLY: 7.49_{ea}



ROGERS FLOUR all purpose, bread or dark rye 2.5 kg

3.99_{••}

PROUDLY LOCAL

19.99 ...

PROUDLY LOCAL



Yogurt 350 mL 4.29 ... made with 100% BC grass-fed dairy



ELIAS 9.29 ... Honey creamed or squeeze bottle 500 g



MITCHELL'S SOUP CO. Soup Mixes 284g-394g

PROUDLY LOCAL 7.99.

VANCOUVER ISLAND Fine Sea Salt 300g 7.59ea



Pierogies 400g-540g

SUNRYPE Slim Beverages or fruit+veggies 1.36 L plus deposit & recycle fee PROUDLY LOCAL 4.49.



ISLAND FARMS Classic **6.99**.. Ice Cream 1.65L

12.39

TRU EARTH

Laundry

Eco Strips 32's 64 he loads

PROUDLY LOCAL PROUDLY LOCAL NELLIE'S Detergent All-Natural

MINDFUL MONK

Functional

Fudge or dark

chocolate squares 54g

Laundry Soda 100 loads 1.5 kg



7.99.

LESLEY STOWE RAINCOAST CRISPS 5.99ea

SIP INTO Summer



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

3.49



SANPELLEGRINO Italian Sparkling 6.99pk Drinks 330 mL



100% Fruit Juice Blend 1L plus deposit δ recycle fee

3.79.



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

2.89.



SNAPPLE ICED TEA

or fruit beverages 473 mL plus deposit & recycle fee



OLÉ COCKTAIL CO NON ALCOHOLIC **MOCKTAILS**

 $355\,mL$ plus deposit & recycle fee

8.99_{pk}



4.69pk fanta or fresca 222 mL plus deposit & recycle fee



Smoothie Cubes blender-free 405 g



MASTER OF MIXES Handcrafted Cocktail Mixers 1L

6.99.



Liquid Drink Mixes 48 mL

3.99.



CAVENDISH FARMS Fries or potato tots

540 g - 750 g

HAVOC

Chips 170g-280g

3.99.

2/\$8



MANNY'S Soft Taco Size Tortillas 10's

1.79.



4.69



PUTTANESCA WOLITARS .

HIGH LINER

500 g - 700 g

CRISPY BREADED

FISH BURGERS 8's battered fish or fish sticks

> FALESCA MOLISANA Pasta Sauce

> > 680 mL



6.49_{ea}



RISCOSSA **Pasta**

STOKED OATS

Run Of The Mill

Organic Oats

rolled or quick 810 g

2/4.50



 $\underset{\text{Broth 900\,mL}\cdot\text{selected}}{\text{campbell's}} \,\, 2.99_{\text{ea}}$



Corn Flake Crumbs 575 g

4.99 ...



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

3.99_{ea}





GENUINE TEA CO. 6.99_{ea} Teas 15's



Cereals 450g-650g

KELLOGG'S Family Size

FLAVOURS of the WORLD





7UP Nimbooz Lemonade 355 mL plus deposit & recycle fee

2/\$3



SEA TALES Anchovy Fillets in olive oil 45 g

6.49



Fresh Century Asian Pears 4.39/kg

1.99₁₆



LOTUS FOODS Pad Thai Rice Noodles

5.49_{ea}





Salsa 325 mL or cremosa sauce 236 mL

5.69.



Aluminum Foil

3.69_{ea}



10.99 ... Tissue original double roll 12's



ARM & HAMMER **Clumping Litter** double duty or multi-cat

9.99_{ea}



GREEK HOUSE RESTAURANT TZATZIKI OR HOMOUS 227 q

4.99.



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

6.99^a



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

5.49_{ea}



2.29/100g

LAS MARGARITAS Premium Salsa 8.49_{ea}

Greek Salad



PARISIAN BREAD baked fresh in-store daily 460 g

3.99.

29.99_{ea}

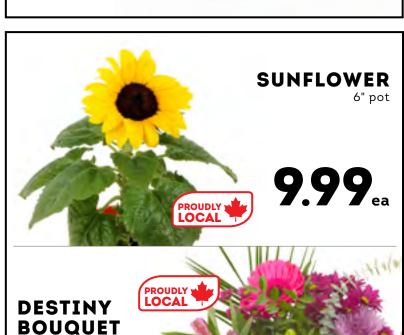


ARLA Castello Havarti Cheese 170g-200g





SHEEP & GOAT FETA CHEESE 200 g **5.99**...



PROUDLY CANADIA



LOCALLY GROWN BC FRESH PEACHES & CREAM CORN ON THE COB







IMPORTED FRESH PERSONAL SIZE WATERMELONS

6.49_{ea}





4.99. **DOLCE MINI PEPPERS** 454 g

2.49₁₆ **BC FRESH TOMATOES** ON THE VINE 5.49/kg





LOCALLY GROWN BC FRESH HOT HOUSE BUTTER LETTUCE

4.99 ...

BC FRESH RADISH by the bunch

1.79







IMPORTED FRESH ORGANIC RED GRAPES 13.21/kg

LOCALLY GROWN 5.99 BC FRESH ORG APRICOTS 907 9 **BC FRESH ORGANIC** 9.99.

MEXICO FRESH ORGANIC HASS AVOCADOS

5.99pk

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 **Thee** and give you an equivalent value in an IGA gift card.

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.

BAKERYPackaged 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.

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.