



Simple Goodness™

# Celebrate BC DAY

## LONG WEEKEND



## FRESH CANADIAN PORK SIDE RIBS

breast bone removed • family pack 9.90/kg

Save **40% OFF** REGULAR PRICE

# 4.49<sub>lb</sub>



## FRESH BC CHICKEN BREAST TENDERS

family pack 17.61/kg

Save **30% OFF** REGULAR PRICE

# 7.99<sub>lb</sub>



## GROUND BEEF GUARANTEE

if we are selling it today, it's ground FRESH today



## FRESH CANADIAN EXTRA LEAN GROUND BEEF

family pack 18.72/kg

# 8.49<sub>lb</sub>



## 1<sub>lb</sub> LOCALLY GROWN BC FRESH BLUEBERRIES

454 g • weather permitting

# 3.99<sub>ea</sub>



## LOCALLY GROWN BC FRESH BLACKBERRIES

1 pint • weather permitting

# 7.99<sub>ea</sub>



LAY'S POTATO CHIPS 117 g - 235 g or doritos 155 g - 235 g



# 2/\$7



COCA COLA canada dry, a&w, sprite, fanta or fresca 355 mL plus deposit & recycle fee



# 6.49<sub>12 pk</sub>



HELLMANN'S MAYONNAISE 710 mL - 890 mL



# 5.75<sub>ea</sub>



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, AUGUST 1, 2025 - THURSDAY, AUGUST 7, 2025





CUT FROM WESTERN CANADIAN  
**FRESH AAA CERTIFIED  
ANGUS BEEF® STRIP  
LOIN ROAST OR  
STEAKS** family pack 57.30/kg  
aged minimum 21 days

**25.99** lb



**Fresh Canadian  
Boneless Centre  
Cut Pork Loin  
Roast or Chops**  
family pack 11.00/kg

**4.99** lb



**Fresh BC Split  
Chicken Wings**  
family pack 14.31/kg

**6.49** lb



**GRIMM'S  
Sizzlin' Smokies  
or Wieners** 450 g  
gluten free • selected

**7.49** ea



**Fresh Canadian  
Pork Side Belly**  
13.21/kg

**5.99** lb



**FORT HARDY  
Fully Cooked  
Pork Back Ribs**  
kentucky bourbon or  
original 450 g • frozen

**10.99** ea



**CARDINAL  
Roadhouse Angus  
Beef Burgers** 6's  
or chicken 6's for \$14.99  
or veggie 8's for \$17.99

**18.99** ea



**MAPLE LEAF  
Top Dogs**  
375 g

**5.99** ea



**MAPLE LEAF  
Natural Bacon**  
375 g

**7.99** ea



**DUSO'S  
Fresh Pasta**  
250 g - 300 g selected or  
**Fresh Pasta  
Sauce** 150 mL - 300 mL

**5.99** ea



**AQUA STAR  
Lightly Dusted  
Calamari** 340 g

**7.99** ea



**SCHNEIDERS  
Black Forest  
Ham**

**2.29** /100g



**SCHNEIDERS  
Smokies** 900 g

**14.99** ea



**Fresh Sole  
Fillets**  
weather permitting

**1.99** /100g



**OCEAN WISE  
Fresh Pacific  
Halibut Steaks**

**4.89** /100g

**PROUDLY LOCAL**

**FROM VANCOUVER, BC**

**FRESH IS BEST SALSA & CO.  
GARLIC SPINACH  
DIP** 220 mL or salsa 375 mL

**3.99** ea

**SUPER Saver**



**ARMSTRONG  
Natural Cheddar  
or pizza mozzarella** 200 g

**3.69** ea



**IMPERIAL  
Soft Margarine**  
427 g

**3.99** ea



**TRE STELLE  
Parmigiano  
Reggiano**  
200 g

**8.49** ea



**CRACKER BARREL  
Cheese Slices**  
220 g - 240 g

**6.49** ea



**SILK  
Almond Beverage**  
soy, oat, cashew or  
coconut 1.75L - 1.89L  
plus deposit & recycle fee

**4.49** ea



**NUTS FOR BUTTER  
Organic Cultured  
Cashew Product**  
227 g • dairy-free • vegan  
gluten free

**6.69** ea



**OASIS  
Smoothie or  
Health Break**  
1.6 L plus deposit & recycle fee

**4.99** ea



**RIGHTEOUS  
Gelato or  
Sorbetto** small batch  
473 mL • gluten free

**7.49** ea



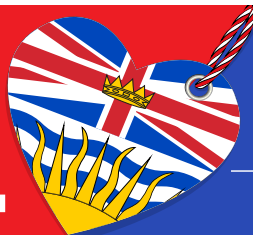
**TRE STELLE  
TRADITIONAL FETA**  
375 g

**7.99** ea

**SUPER Saver**



# Celebrate BC SUPPORT LOCAL



## HAPPY BC DAY

MONDAY, AUG 4

**PROUDLY LOCAL**

**FROM VANCOUVER, BC**

**FRESH IS BEST SALSA & CO.  
TACO SHELLS**  
12's • gluten free

**3.99** ea

**SUPER Saver**

**PROUDLY LOCAL**

**QUE PASA  
Organic Tortilla  
Chips** 300g - 350g  
selected

**3.99** ea

**PROUDLY LOCAL**

**HARD BITE  
Handcrafted  
Style Chips**  
128g - 150g • selected  
gluten free

**3.49** ea

**PROUDLY LOCAL**

**BC BRINE  
PRESERVATION CO  
Pickled Products**  
500 mL

**7.49** ea

**PROUDLY LOCAL**

**POPTASTIC  
Kettle Cooked  
Popcorn** 130g

**3.99** ea

**PROUDLY LOCAL**

**GOBIO!  
Organic Gravy  
Cubes** 6's

**4.29** ea

**PROUDLY LOCAL**

**SLOW BOTTLED SUNDAY  
Whole Food Condiments**  
bbq sauce, peach habanero  
hot sauce or plum ketchup  
style sauce 250 mL

**8.29** ea

**PROUDLY LOCAL**

**HAZEL'S  
Handmade  
Ice Cream  
Bars** 3's

**9.99** ea

**PROUDLY LOCAL**

**MINDFUL FÜD  
Organic  
Bee-Mindful  
Hunnie**  
plant-based  
460g

**7.99** ea

**PROUDLY LOCAL**

**FROM KELOWNA, BC**

**LITTLE CREEK  
ORGANIC  
DRESSING** 295 mL

**6.99** ea

**SUPER Saver**

**PROUDLY LOCAL**

**FROM VANCOUVER, BC**

**WE ♥ BC  
SNACKING  
NUT MIXES**  
or apricot 150g - 180g • selected

**2/\$7**

**SUPER Saver**

**PROUDLY LOCAL**

**GNUBEES PLUS  
Functional  
Fruit Shake**  
250 mL  
plus deposit & recycle fee

**2.59** ea

**PROUDLY LOCAL**

**FREEYUMM  
Soft Baked  
Cookies  
or Bars** 5's  
gluten free

**2/8.50**

**PROUDLY LOCAL**

**GRANOLA GIRL  
Original Cereal**  
320g • gluten free

**6.99** ea

**PROUDLY LOCAL**

**GOODDRINK  
Organic  
Spritzers**  
355 mL  
plus deposit & recycle fee

**2.29** ea

**PROUDLY LOCAL**

**LET'S PASTA  
Ravioli**  
500g • selected

**8.49** ea

**PROUDLY LOCAL**

**CHEF ENRICK  
Family Size  
Savoury Pies**  
920g

**24.49** ea

**PROUDLY LOCAL**

**THOSE PRETZELS  
Seasoned  
Pretzels** 250g

**6.99** ea

**PROUDLY LOCAL**

**LIVING TREE FOODS  
Dairy Free  
Cheese Spread**  
170g • vegan • gluten free

**6.99** ea

**PROUDLY LOCAL**

**PATISSERIE LEBEAU  
Belgian Liege  
Waffles** 300g

**6.49** ea

**PROUDLY LOCAL**

**FATSO  
Peanut Butter**  
500g

**7.49** ea

**PROUDLY LOCAL**

**FROM ABBOTSFORD, BC**

**SILVER HILLS  
SPROUTED POWER  
BREAD** 430g - 615g • selected

**3.99** ea

**PROUDLY LOCAL**

**OLYMPIC  
Organic Yogurt**  
650g • selected

**5.89** ea

**PROUDLY LOCAL**

**KETO CAVEMAN  
Tiramisu**  
190g • keto friendly

**7.49** ea



# Cheers to BEERS



INTERNATIONAL  
BEER DAY

FRIDAY, AUGUST 1



STANLEY PARK  
BREWING  
**Sun Setter  
Peach Wheat Ale**  
non-alcoholic beer 355 mL  
plus deposit & recycle fee

**PROUDLY  
LOCAL**

**9.99** <sup>4</sup>/<sub>pk</sub>



CORONA CERO  
**Alcohol Free  
Beer** 330 mL bottles  
plus deposit & recycle fee

**11.99** <sup>6</sup>/<sub>pk</sub>

**PROUDLY  
LOCAL**



PHILLIPS BREWING  
& MALTING CO.  
**IOTA  
CRAFT BEER**  
dealcoholized 355 mL  
plus deposit & recycle fee

**SUPER  
Saver**

**6.99** <sup>4</sup>/<sub>pk</sub>



**MOTT'S  
CLAMATO**

1.89 L plus deposit & recycle fee

**SUPER  
Saver**

**2.99** <sup>ea</sup>



O'DOUGHS  
**Gluten Free  
Hot Dog Buns**  
or bagel thins 6's • vegan

**4.99** <sup>ea</sup>



BICKS  
**Premium Mini  
Crunch'ems**  
or sandwich savers 500 mL

**5.99** <sup>ea</sup>



STAHLBUSH  
ISLAND FARMS  
**Frozen Vegetables**  
283 g - 397 g

**3.49** <sup>ea</sup>



DR. OETKER  
**Casa Di Mama  
Pizza** 395 g - 410 g  
or ristorante thin crust  
320 g - 390 g

**6.99** <sup>ea</sup>



ICE RIVER GREEN  
BOTTLE CO.  
**Natural Spring  
Water** 500 mL  
plus deposit & recycle fee

**4.79** <sup>24</sup>/<sub>pk</sub>



LA CROIX  
**Sparkling Water  
Beverage** 355 mL  
plus deposit & recycle fee

**5.39** <sup>8</sup>/<sub>pk</sub>



THREE FARMERS  
**Roasted Lentils**  
chick peas or fava beans  
120 g - 140 g

**3.69** <sup>ea</sup>



HUMMINGBIRD  
CHOCOLATE  
MAKER  
**Chocolate  
Bars**  
60 g

**7.99** <sup>ea</sup>



**OLD DUTCH  
POTATO CHIPS**

veggie crisps or ridgies  
200 g - 235 g • selected

**2/6.98**



DARE  
**Ultimate Crème  
Filled Cookies**  
290 g - 300 g

**2/6.98**



CLIF  
**Plant-Based  
Energy Bar** 68 g

**1.99** <sup>ea</sup>



UNCLE LUKE'S  
**100% Pure  
Maple Syrup**  
Canada grade A 375 mL

**8.49** <sup>ea</sup>



STARBUCKS  
**Ground Coffee**  
340 g or k-cup 10's

**11.99** <sup>ea</sup>



UNICO  
**BEANS** 540 mL

**SUPER  
Saver**

**2/\$4**



UNICO  
**Pasta**  
700 g - 900 g

**2/\$7**



MCCORMICK'S GOURMET  
**Seasonings  
& Spices** 5 g - 64 g  
selected

**3.99** <sup>ea</sup>



CHEF BOMBAY  
**Mini Samosas**  
pakoras or naanpanadas  
240 g - 350 g

**5.49** <sup>ea</sup>



A.GENCO  
**Carnaroli or  
Arborio Rice** 1 kg

**6.99** <sup>ea</sup>





Bull's-Eye BBQ Sauce  
425 mL

**\$4.49** Each



Heinz Garlic Aioli  
355 mL

**\$4.89** Each



Kraft Shake 'n' Bake  
Coating Mix 142 g - 184 g

**\$3.99** Each



Crave Frozen Entrées  
200 g - 340 g



Winner Frozen Meals. Survey of 4,000 people by Kantar.

**\$4.99** Each

THE UNMISTAKABLE  
TASTE OF SUMMER



Taco Bell Cravings Kits  
401 g - 642 g

**\$8.99** Each



Kraft Jet-Puffed  
Marshmallows 400 g

**\$2.59** Each



Kraft Dinner  
Macaroni & Cheese  
175 g

**\$2.29** Each



Maxwell House Café  
Instant Coffee Beverage  
Mix 205 g - 240 g

**\$6.49** Each



ZORBAS  
CLASSIC HOMOUS  
or spinach dip 227 g

**4.99** ea



FRENCH BREAD

baked fresh in-store daily  
450 g

**1.99** ea



Sundried  
Tomato  
Penne Salad

**1.49** /100g



FREYBE  
Mini Power Stick  
175 g • gluten free

**6.99** ea



JUST CAKES BAKESHOP  
CAKE JARS  
assorted varieties  
205 g - 210 g

**7.99** ea



MASTRO  
Charcuterie  
150 g - 250 g • gluten free  
selected

**9.99** ea



SALTSPRING  
KITCHEN CO.  
Savoury  
Spreads 250 g

**11.99** ea

HAMBURGER or  
HOT DOG BUNS

baked fresh in-store



**4.29**<sup>12</sup>  
pk



SAPUTO  
Cheese Slices  
160 g - 200 g

**6.99** ea



BELLA CASARA  
Fresh Ricotta  
300 g

**9.99** ea



POTTED  
ROSES  
6" pot

**10.99** ea



TRE STELLE  
BOCCONCINI 200 g

**6.99** ea

PACIFIC  
BOUQUET



**24.99** ea



BC GROWN *Goodness*



BC FRESH PEACHES & CREAM  
CORN ON THE COB

99¢  
ea



BC FRESH CHERRIES  
10.5 row or larger 8.80/kg

3.99 lb



BC FRESH APRICOTS  
8.80/kg

3.99 lb



BC FRESH  
HOT HOUSE PEPPERS  
red, yellow or orange 8.80/kg

3.99 lb



BC FRESH HOT HOUSE  
GRAPE TOMATOES  
1 pint

2.99 ea



BC FRESH GREEN OR  
RED LEAF LETTUCE

2.99 ea



BC FRESH WHITE  
MUSHROOMS  
whole 227 g or sliced 170 g

3.49 ea



BC FRESH ORGANIC  
BLUEBERRIES 1 pint  
weather permitting

6.99 ea



BC FRESH ORGANIC  
CHERRIES 15.41/kg

6.99 lb



BC FRESH ORGANIC  
GRAPE TOMATOES  
1 pint

4.99 ea

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](http://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](http://WWW.IGASTORESBC.COM)