



Simple Goodness™



**Fresh Boneless Pork Sirloin Roast or Chops**  
family pack 8.13/kg

**Save 43%**  
off regular price

**3.69** lb



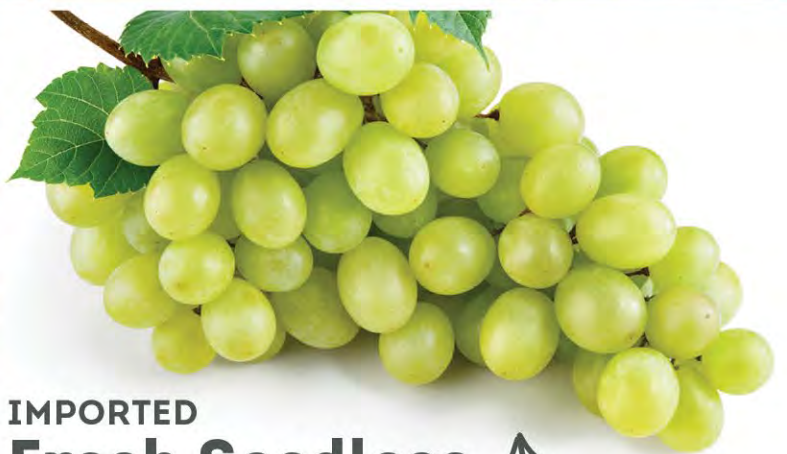
CUT FROM WESTERN CANADIAN AAA CERTIFIED ANGUS BEEF aged minimum 21 days



WESTERN CANADIAN **Fresh AAA Certified Angus Beef®** Inside Round Roast or Steaks  
family pack 17.61/kg

**Save 30%**  
off regular price

**7.99** lb



IMPORTED **Fresh Seedless Green Grapes**  
8.80/kg

**3.99** lb

CALIFORNIA **Fresh Mandarins**  
907 g

**2lb**



**3.99** ea

POWERADE **Sports Drinks** 710 mL  
plus deposit & recycle fee



**2/\$2**



CLOVER LEAF **Flaked or Chunk Light Tuna**  
170 g

**3/3.99**

HÄAGEN DAZ or NESTLÉ **Ice Cream**  
or plant based frozen dessert 400 mL - 450 mL



**4.99** ea



**Local**

**BC Fresh Chicken Drumsticks**  
family pack 6.59/kg

**Save 40%**  
off regular price

**2.99** lb

**Friday, May 10 - Thursday, May 16**

**WESTERN CANADIAN**  
**Fresh AAA**  
**Certified Angus**  
**Beef® Prime Rib**  
**Roast or Steaks**  
 family pack 48.48/kg

**21.99** lb

**CUT FROM WESTERN CANADIAN AAA CERTIFIED ANGUS BEEF**  
 aged minimum 21 days

SINCE 1976  
**CERTIFIED ANGUS BEEF®**  
 BRAND

**Fresh**  
**Boneless Pork**  
**Loin Roast or**  
**Chops** centre cut  
 family pack 9.90/kg

**4.49** lb

**Local**

**BC Fresh**  
**Boneless**  
**Skinless**  
**Chicken Thighs**  
 family pack 16.51/kg

**7.49** lb

**OCEAN WISE**  
**Fresh Steelhead Trout Fillets** **3.79**/100g

**OCEAN WISE**  
**Fresh Rockfish Fillets** **1.89**/100g

**Raw Prawn Skewers**  
 previously frozen or frozen **2.25** PER SKEWER

**OCEAN WISE**  
**7 SEAS OCEAN WISE Pacific White Raw Shrimp**  
 peeled & deveined, tail on frozen 31/40 count 340g **7.49** ea

**JANES PUB STYLE Chicken Burgers**  
 nuggets, strips, fries or popcorn chicken 700g **8.99** ea

**Hot PRICE**

**GRIMM'S Sizzlin' Smokies**  
 450g **7.49** ea

**Gluten free**

**ASIAN INSPIRATIONS Chicken Appetizers** 400g **6.29** ea

**DUSO'S Fresh Pasta**  
 selected 250g - 360g

**DUSO'S Fresh Pasta Sauce**  
 selected 150g - 300mL **5.69** ea

**Local**

**CRACKER BARREL Cheese Slices**  
 220g - 240g **6.49** ea

**BABYBEL Mini Cheese Snacks** 6's **6.79** ea

**BECEL Soft Margarine**  
 or plant based brick 427g - 454g **4.99** ea

**DAIRYLAND Whipped Cream** 225g **3.99** ea

**PHILADELPHIA Cream Cheese** 250g - 227g **5.49** ea

**Local**

**IMPERIAL Soft Margarine** 212g **1.99** ea

**DAIRYLAND Cottage Cheese** 250g **2.59** ea

**EARTH ISLAND Parmesan Style Grated Cheese Alternative**  
 dairy free • vegan 142g **7.49** ea

**Gluten free**

**EARTH ISLAND Parmesan Style Shredded Cheese Alternative**  
 dairy free • vegan 113g **5.49** ea

**Gluten free**

**Local**

**NON GMO Project VERIFIED**

**EARTH ISLAND Dairy-Free Feta Style Crumbles**  
 vegan 170g **4.99** ea

# Celebrate Mom



Visit our **FLORAL DEPARTMENT** for a *Bouquet* of gifts for **MOTHER'S DAY.**



**Classic Medium Bouquet**  
15.99 ea

**Potted Mums** 6" pot  
9.99 ea



**STARBUCKS Ground Coffee**  
311 g - 340 g or K-cup 10's  
8.99 ea



**TWININGS Assorted Teas** 20's  
2/\$9



**KELLOGG'S Eggo Thick & Fluffy Waffles** belgian style 6's  
2/\$6



**GOLDEGG Free Run Large Brown Eggs** 12's  
5.79 ea



**DEMPSTER'S Signature Breads** selected 600 g or english muffins 6's  
3.99 ea



**BETTY CROCKER Original Bisquick** pancake & baking mix 1.13 kg  
4.49 ea



**COOLWHIP Dessert Topping** 1L  
3.79 ea



**TENDERFLAKE Pie or Tart Shells** 2's - 18's or puff pastry 397 g  
4.29 ea



**SNOWCREST Organic Frozen Berries** selected 500 g - 600 g  
6.49 ea



**ROGERS All Purpose Flour** 5 kg  
8.99 ea



**FAVUZZI Black Truffle Extra Virgin Olive Oil** 100 mL  
14.99 ea



**BETTY CROCKER SuperMoist Cake Mixes** 375 g - 404 g  
3/6.99



**BETTY CROCKER Cookie Mix** brownie mix or frosting selected 337 g - 550 g  
3/9.99



**TINKYADA Brown Rice Pasta** 280 g - 340 g  
4.49 ea



**GONE Crackers** 142 g  
5.99 ea



**DARE Simple Pleasures Cookies** or ultimate crême 270 g - 310 g  
3.49 ea

Buy the following **Gluten-Free** products and 25¢ will be donated to the Canadian Celiac association:

**HAPPY CELIAC AWARENESS MONTH**



**KIND Healthy Grains Bars** 5's  
4.49 ea



**ANGIE'S Boom Chicka Pop** 125 g - 142 g  
5.99 ea



**DAIYA DAIRY-FREE Plant Based Deluxe Mac & Cheese** 300 g  
4.49 ea



**DAIYA DAIRY-FREE Thin Crust Gluten Free Pizza** or flatbread selected 331 g - 550 g  
8.99 ea



# I'M GONNA FLIP

## Barbecue Season IS HERE



**SOBER CARPENTER**  
**Non Alcoholic Craft Beer**  
 or dealcoholized craft cider  
 473 mL plus deposit & recycle fee

**2/\$5**

**SPARKLING ICE**  
 Flavoured Sparkling Water Based Beverage 503 mL  
 plus deposit & recycle fee

**3/3.99**

**SANPELLEGRINO**  
 Naturali Italian Sparkling Drinks 330 mL  
 plus deposit & recycle fee

**6.99<sup>6</sup> pk**

**CR\*FT**  
 Non Alcoholic Beer 473 mL  
 plus deposit & recycle fee

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

**MEZZETTA FAMILY CO.**  
 Assorted Olives 375 mL - 398 mL

**7.49<sup>ea</sup>**

**STUBB'S**  
 Bar-B-Q Sauces 450 mL

**4.69<sup>ea</sup>**

**FRANK'S**  
 RedHot Sauce 354 mL

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

**MCCORMICK GOURMET**  
 Seasonings & Spices selected 7g - 57g

**5.39<sup>ea</sup>**

**CHOSEN FOODS**  
 100% Pure Avocado Oil Spray 383g

**13.99<sup>ea</sup>**

**KRAFT**  
 Dressing 425 mL - 475 mL

**4.59<sup>ea</sup>**

**HEINZ**  
 Picnic Pack 3 x 375 mL

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

**HUMPTY DUMPTY**  
 Party Mix snack mix 250g

**2/\$9**

**BUSH'S BEST**  
 Baked Beans 398 mL

**2.29<sup>ea</sup>**

**MEZZETTA**  
 Pickled Peppers 375 mL

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

**OLD DUTCH**  
 Potato Chips or ridgies 200g - 235g

**2/\$7**

Gluten free

**CAULIPOWER**  
 Pizza selected 310g - 320g or crusts 2's

**9.99<sup>ea</sup>**

Gluten free

**GARDEIN**  
 Supreme Black Bean Burgers vegan 226g

**6.79<sup>ea</sup>**

NON GMO Project VERIFIED

**BICK'S**  
 Premium Sandwich Savers Pickles or mini crunch'ems 500mL

**4.79<sup>ea</sup>**

**JIFFY POP**  
 Popcorn 127g

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

**NO FIRE? Try This:**  
 Cook your ingredients in a skillet & make a...  
**Delicious S'MORES DIP**

**KRAFT**  
 Jet-Puffed Marshmallows 400g **2.19<sup>ea</sup>**

**CADBURY**  
 Dairy Milk S'mores Bar 180g **5.69<sup>ea</sup>**

**SCHÄR**  
 Gluten Free Honeygrams 160g - 190g **5.49<sup>ea</sup>**

Gluten free

**HUER**  
 Super Mix or Cola Gummies 350g **6.99<sup>ea</sup>**

**NATURE VALLEY**  
 Crunchy Bars trail mix or lunch box 5's - 10's **3.79<sup>ea</sup>**

**ROYAL CHINET**  
 Bowls 12oz 15's **3.29<sup>ea</sup>**

**SOLO**  
 Heavy Duty Paper Plates or anyday bowls 22's - 48's **6.89<sup>ea</sup>**



CHIMEI  
Mushroom Steamed Buns  
vegetarian frozen 6's **5.99** ea



CHIMEI  
Cabbage & Tofu Gyoza Dumplings  
vegetarian frozen 440g **5.29** ea



ASIAN FAMILY  
Soy Sauce  
500 mL  
**2.99** ea



KIMINO  
Sparkling Yuzu or ume 250 mL  
plus deposit & recycle fee **4.99** ea



CHIMEI  
Mochi Sesame Buns frozen 3's **5.29** ea



GREEN GIANT SELECT  
Valley Selections Frozen Vegetables  
400g - 500g **3/\$11**



CLOVER LEAF  
Whole Baby Clams 142g **2.99** ea



OCEAN SPRAY  
Cranberry Cocktail or rubyred grapefruit 3L  
plus deposit & recycle fee **7.99** ea



CHEF ENRICK  
Handmade Savory Pies  
family size 920g **25.99** ea



CLOROX  
Disinfecting Wipes 75's **5.99** ea



ABEEGO  
Reusable Beewax Food Wrap  
2's - 3's **12.49** ea



GLAD  
Black Garbage Bags regular 40's or X-large 20's **13.99** ea



POISE  
Panty Liners long or regular 24's - 26's **5.99** ea



LA TORTILLA FACTORY  
Handmade Style Soft Tortillas  
corn & wheat 8's **3.29** ea



LAS MARGARITAS  
Premium Salsa 500 mL **8.49** ea



OH SNAP! PICKLING CO  
Pickle Snacking Cuts 90g **3.29** ea



MAPLE LODGE  
Sliced Chicken Breast  
oven roasted or hot & spicy **2.99** /100g



SCHNEIDERS  
Black Forest Ham **2.29** /100g



WOOLWICH  
Soft Fresh Goat Cheese 113g **6.49** ea



KRINOS  
Kefalograviera made with sheep's milk **9.99** ea



L'ANCÊTRE  
Organic Swiss Cheese 200g

**10.99** ea



GOODLY FOODS  
Assorted Soups 500 mL **6.99** ea



Ciabatta Buns **3.79** 4 pk

8" Lemon Meringue Pie 567g

**6.49** ea



Italian Bread 450g **1.29** ea

This ever versatile loaf can be the base for a variety of pressed or grilled sandwiches. It grills well topped with garlic butter and herbs.

Baked Fresh IN-STORE



**BC Fresh  
Long English  
Cucumbers  
2/\$3**



**BC Fresh  
Hot House  
Mixed Peppers**  
orange, red or yellow  
6.59/kg  
**2.99** lb

CANADIAN  
**Fresh Tomatoes**  
on the vine 4.39/kg **1.99** lb



CALIFORNIA  
**Fresh Head  
Lettuce**

**2.99** ea



**BC Fresh  
Portabella Mushrooms**  
13.21/kg

**5.99** lb



**BC Fresh  
Fingerling  
Potatoes**  
1.36 kg

**3lb**

**2.49** ea



**BC Fresh  
Symphony  
Medley  
Tomatoes**  
1 pint

**3.49** ea

**Simply Organic**



**BC Fresh Organic  
Long English  
Cucumbers**  
**3.99** ea



**MEXICO  
Fresh Organic  
Rainbow Carrots**  
by the bunch **2.99** ea



**CALIFORNIA  
Fresh Organic  
Green Kale**  
by the bunch **3.49** 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)