

# Enjoy the outdoors!

Discover health and wellness in nature



## Plant-based brekkie wins

Need dairy alternatives? These options taste great in coffee, cereal and more!



**4.49** ea when you buy 2 or more  
SILK Beverages 1.75-1.89 L 5.49 ea



## Your new daily routine

**49.99**

VEGA ONE Nutritional Shake 829-876 g

**Try this!**  
Add protein and Omega-3 and 6 to your breakfast



**6.99**

MANITOBA HARVEST Hemp Hearts 227 g

**25 PTS** when you buy 1

## Snack smart, snack happy

Portion control 101: Pour one serving into a separate container and put the package away!



**3.99**

QUESTBAR or QUEST Protein Chips 32-60 g



**3.99**

HUMBLE Potato Chips 135 g

**100 PTS** when you buy 1

## Make it a mocktail!

Just add a splash of kombucha, soda and fresh berries or herbs to make an elevated cocktail!



**7.99**

RISE Kombucha 1L

# Spring snack fling

Sips and snacks that'll help you feel great this season!

## Fuel more adventure

Pack in some protein

**20 g of protein per 55 g serving**



**3.99** LOVE GOOD FAT Protein Bars 55 g



**8.99**

ATKINS Endulge Bars 5 pk 48-60 g



**2/\$5** SIMPLY PROTEIN Bars 40 g



**5.49** TERRA Chips 141 g

**50 PTS** when you buy 2

**Did you know?**  
You can track your taters to discover the farm they came from at [kettlebrand.com](http://kettlebrand.com)



**3.49** KETTLE BRAND Chips 156-198 g

Gluten-free with no artificial colours or flavours



**2/\$6** SENSIBLE PORTIONS selected 120-142 g

**30 PTS** when you buy 2

# Thrive on hydration

Discover the power of drinks with added benefits

For the love of earth

**2/10.99** EARTH'S OWN Oat Barista 946 mL



**17.99** VEGA Protein Made Simple 259-271 g



**9.99** R.W. KNUDSEN Juice 946 mL

**2.50** GUAYAKI Beverages 458 mL 3.99 ea

**200 PTS** when you buy 2



**3.99** BLUE MONKEY Juice 250 mL 4 pk



**6.99** REMEDY Kombucha 330 mL 4 pk

**A refreshing bubbly beverage...**  
with no sugar added.  
Great substitute for soda

# Quick, easy and part of a healthy lifestyle!

Stock up essentials for your meal prep



**2/\$7**  
SENSIBLE PORTIONS Pita Bites 142 g  
**35 PTS**  
when you buy 2

No trans fat and cholesterol free



**STARTING AT 6 49**  
GARDEIN Meat Alternatives or Bowls 190-390 g



**6 49**  
PACIFIC FOODS Soup 946 mL or 1 L



**NEW**  
**5 49**  
SENSIBLE PORTIONS Tortilla Chips 170 g  
**50 PTS**  
when you buy 2

**New products to add to your grocery list**

Contains protein and probiotics - but no dairy!  
**5 99**  
SILK Plant-Based Yogurt 640-680 g



COVE Soda 355 mL  
**100 PTS**  
when you buy 2

**Squeaky clean**

All natural, no harmful ingredients



**NEW**  
**8 99**  
DR. SQUATCH Soaps 141 g

# SHOP SMART CHOICES, EARN MORE POINTS

Quality you want at the price you expect



COMPLIMENTS Gluten-Free Cake Mixes 400 g  
**200 PTS**  
when you buy 2



COMPLIMENTS Gluten-Free or Cauliflower Crust Frozen Pizza 330-360 g  
**250 PTS**  
when you buy 2



COMPLIMENTS ORGANIC Frozen Fruit 450-600 g  
**200 PTS**  
when you buy 2



COMPLIMENTS ORGANIC Peanut Butter 500 g  
**200 PTS**  
when you buy 2

# Pamper your pet

Nutrient-rich products for your four-legged friends



Beef recipe made with prebiotic, turmeric and ginger for gut support



Find them at our stores first

We're proud to be the first grocer to offer these new Freshpet products

NEW

FRESHPET Refrigerated Dog Food Tender Chicken Recipe 2.49 kg



Get **100 PTS**

When you buy any Freshpet product

**10.49**

HEALTHY PUP Superfood Dog Treats 113 g

**100 PTS** when you buy 1



Lamb recipe made with mussel and collagen for joint care



NEW

FRESHPET Refrigerated Dog Food Chunky Beef 2.72 kg

# Good for you...and the planet

Overhaul your routine for Earth Day

Fragrance, dye, phosphate and chlorine free

Broad-spectrum and dermatologist-recommended

**17.99** THINK Suncare 59-89 mL

**15% off**

HONEST CO Baby Toiletries 118-355 mL



**16.99**

LEMONAIDE Laundry Eco Packs 1.5 L



**15% off**

THE UNSCENTED COMPANY Eco Packs hand, dish or laundry 2-4 L



**6.49** MEYER'S Dish Soaps or Cleaners 370-473 mL

**200 PTS** when you buy 2

**15% off**

METHOD Cleaners or Hand Soaps 300-828 mL

**300 PTS** when you buy 2



# Clean spring cleaning

Products for a planet-friendly home refresh



**9.99**

NATURE CLEAN Laundry or Floor Cleaning Strips

**200 PTS** when you buy 1

Canadian-made, plant-based and readily biodegradable

**12.99**

ECO MAX Laundry Detergent 3 L



Availability of certain products may be limited in some stores. Some products are available only while quantities last. Most products will be in-store March 21 - May 1, 2024. Stores reserve the right to limit quantities. Product packaging of some products found in-store may be different from packaging shown in the insert.