

Sobeys

Time to get outside

Kickstart your Spring wellness goals



Plant-based brekkie wins

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



BUY MORE SAVE 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

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



NEW



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



From Canada

10⁴⁹

HEALTHY PUP
Superfood Dog
Treats 113 g

100 PTS
when you buy 1



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



Lamb recipe
made with mussel
and collagen for
joint care

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

NEW

FRESHPET
Refrigerated
Dog Food
Chunky
Beef 2.72 kg



NEW

FRESHPET
Refrigerated
Dog Food
Chunky
Beef 2.72 kg

Good for you...and the planet

Overhaul your routine for Earth Day

Broad-spectrum
and dermatologist-
recommended

17⁹⁹ THINK Suncare
59-89 mL

15% off

HONEST CO Baby
Toiletries 118-355 mL



16⁹⁹

LEMONAIDE Laundry
Eco Packs 1.5 L

Fragrance, dye,
phosphate and
chlorine free



15% off

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



6⁴⁹ 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



Floor cleaner strips
Bandes de nettoyage
pour le sol

9⁹⁹

NATURE CLEAN
Laundry or Floor
Cleaning Strips

200 PTS
when you buy 1



Canadian-made,
plant-based
and readily
biodegradable



12⁹⁹

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.