



Simple Goodness™

Weekly SPECIALS



Local

BC FRESH BONELESS SKINLESS CHICKEN BREASTS

family pack 14.31/kg

Save **38% OFF** REGULAR PRICE

6.49_{lb}



WESTERN CANADIAN FRESH AAA CERTIFIED ANGUS BEEF® EYE OF ROUND ROAST 16.51/kg

Save **35% OFF** REGULAR PRICE

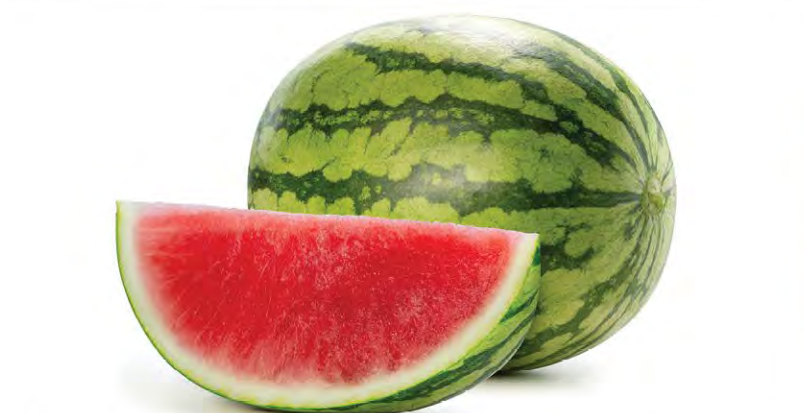
7.49_{lb}



FRESH PORK SIDE RIBS no breast bone attached family pack 9.46/kg

Save **43% OFF** REGULAR PRICE

4.29_{lb}



MEXICO FRESH WHOLE SEEDLESS WATERMELON 1.52/kg

69¢_{lb}



CALIFORNIA FRESH PEACHES & CREAM CORN on the cob

89¢_{ea}



FRENCH'S KETCHUP 750 mL - 1L

3.99_{ea}



DEMPSTER'S SIGNATURE THE CLASSIC OR GOLD BUNS burger or sausage 6's - 8's

2/\$7



CORONA SUNBREW ALCOHOL FREE BEER with vitamin D 330 mL plus deposit & recycle fee

9.99_{6 pk}

Friday, May 17 - Thursday, May 23



Ground Beef Guarantee
if we are selling it today,
it's ground **FRESH** today

FRESH EXTRA LEAN GROUND BEEF family pack 14.31/kg

6.49 lb



BC Fresh Chicken
Legs back attached
family pack 6.15/kg

Local
2.79 lb



Fresh Side Pork Belly 12.10/kg

5.49 lb



BELMONT MEATS
Homestyle Burgers 852 g

15.99 ea



MAPLE LODGE
Original Chicken Wieners 450 g

3.49 ea



FREYBE
Pepperoni gluten free 500 g

Local
10.99 ea



OLIVIERI
Fresh Pasta selected 250 g - 300 g
Fresh Pasta Sauce 160 g or 300 mL

5.99 ea
4.99 ea



MAPLE LEAF
Bacon 375 g

7.49 ea



OUTLAW
Beef Burgers 1.81 kg

24.99 ea



SCHNEIDERS
Juicy Jumbos or stadium size footlong 375 g - 450 g

6.99 ea



SCHNEIDERS
Black Forest Ham

2.29/100g



OCEAN WISE
Wild Pacific Sockeye Salmon Fillets previously frozen

3.29/100g



Fresh Sole Fillets weather permitting

1.99/100g



Imitation Crab salad style

1.39/100g



AQUASTAR
Tempura Shrimp 31/40 count 500 g

12.99 ea



ARMSTRONG
MELTS SLICES 12's

2/\$5



HELUVA GOOD!
Sour Cream Dips 250 g

2.79 ea



HÄAGEN-DAZS
Ice Cream Bars 3's - 4's

4.99 ea



ARMSTRONG
Shredded Natural Cheese 500 g

Local
9.99 ea



ARMSTRONG
Natural Cheese 600 g

Local
9.99 ea



ASTRO
Original Baked Yogurt or biobest yogurt free 750 g

3.99 ea



NUTS FOR BUTTER
Dairy-Free & Organic Cashew Product 227 g

6.99 ea



DAIRYLAND
Microfiltered Milk skim, 1% or 2% m.f. 1.89 L plus deposit & recycle fee

Local
5.49 ea



DAIRYLAND
Chocolate Milk Beverage 1.89 L plus deposit & recycle fee

Local
5.49 ea



BREYERS
CREAMERY STYLE ICE CREAM 1.66 L

5.99 ea

Celebrate Victoria Day

LONG WEEKEND

WITH A BBQ



CLUB HOUSE
LA GRILLE
MARINADE 350 mL

2/\$6



FARMING KARMA
FRUIT CO.
Fruit Sodas
285 mL – 310 mL
plus deposit & recycle fee

Local

2/3.50



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

5.59⁸
pk



DIANA SAUCE
Gourmet BBQ
Sauce 500 mL

4.79^{ea}



EAT WHOLESOME
Organic Baked
Beans chick peas or
black beans 398 mL

Local

2.79^{ea}



UNCLE DAN'S
Salad Dressing,
Dip & Seasoning
Mix gluten free 21.3 g

2.29^{ea}



BONTA
Ready to Eat
Tuna Salad 160 g

3.29^{ea}



GREEN GIANT
Canned Corn
green beans or peas
341 mL – 398 mL

2.09^{ea}



WHOLLY VEGGIE!
Cauliflower or
Broccoli Wings
or sweet potato popcorn
325 g – 375 g

6.29^{ea}



STAGG
Assorted Chili
425 g

3.49^{ea}



LITTLE NORTHERN
BAKEHOUSE
Delicious Millet
& Chia Buns
plant-based gluten free 4's

Local

6.49^{ea}



FRENCH'S
MUSTARD selected
325 mL

2.49^{ea}



BLUE TOP BRAND
Creamy
Hot Sauce
or street sauce 255 g

5.99^{ea}



HELLMANN'S
Mayonnaise
or vegan dressing
710 mL – 890 mL

7.49^{ea}



ZEVIA
Zero Sugar Soda
355 mL plus deposit & recycle fee

5.99^{pk}



MAYNARDS
Candies
assorted 150 g – 154 g

2.99^{ea}



KRAFT
Jet-Puffed
Marshmallows
400 g

2/\$4



FRITO LAY
Variety Packs
16's

9.99^{ea}

SIP. SNACK. SCORE!

Lay's® potato chips (220 g – 235 g, any flavour/variety) or Lay's® Oven Baked potato chips (177 g, any flavour) or Tostitos® tortilla chips (205 g – 300 g, any flavour; EXCLUDES Simply Tostitos® tortilla chips [240 g])

2/\$8.00

\$4.99 Tostitos® salsa (418 mL, any variety)

\$6.49 bubly™ sparkling water (12 x 355 mL, any flavour) plus deposit & recycle fee

\$5.99 Montellier® carbonated natural spring water (10 x 355 mL, any flavour) plus deposit & recycle fee

\$8.69 PepsiCo beverages (12 x 355 mL, any flavour) plus deposit & recycle fee

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ZIPLOC
Freezer Bags
large or medium seal top
or slider medium 14's – 19's

5.59^{ea}



SOLO
Squared Red
Cups 537 mL

8.99³⁰
pk

Sippin' SAVINGS

Celebrate National Caesar Day
May 16

MOTT'S CLAMATO COCKTAIL
1.89 L plus deposit & recycle fee

3.99^{ea}

WALTER Craft Caesar Mix 946 mL plus deposit & recycle fee

Local

7.99^{ea}

WALTER Craft Caesar Rim 140g

Local

4.49^{ea}

STIRRINGS Simple Cocktail Blends or simple syrup 355 mL - 750 mL

7.99^{ea}

MARTINELLI'S Sparkling Juice 750 mL plus simple syrup & recycle fee

5.49^{ea}

PASTENE Bread Crumbs 225 g - 425 g

4.99^{ea}

GO BIO! Organic Bouillon Cubes gluten free 6's

2/\$7

TIM HORTONS Ready To Serve Soups 540 mL

3.99^{ea}

HIGH LINER Battered Fish Fillets or fish sticks 500g - 700g

9.99^{ea}

RISCOSSA PASTA assorted 500 g

1.99^{ea}

O'TASTY DUMPLINGS assorted 567 g

6.49^{ea}

THAI KITCHEN Curry Paste 112g or fish sauce 200 mL

5.29^{ea}

LUNDBERG FAMILY FARMS Califormia White Jasmine Rice or basmati 907 g

9.99^{ea}

CRAFTY RAMEN Noodle Meal Kits frozen 500g - 540g

9.99^{ea}

HEIWA Roasted Seaweed Sushi Nori 28g

3.29^{ea}

RXBAR Protein Bars 52g

2/\$5

ZEVIA Zero Sugar Energy Drinks 355 mL plus deposit & recycle fee

2/\$5

ZAZUBEAN Organic Fair Trade Chocolate Bars gluten free 85g

Local

3.59^{ea}

CLIF KID Organic ZBar 5's

5.99^{ea}

POST Honey Bunches of Oats Cereal or family size shreddiees 340g - 635g

4.99^{ea}

RABBIT RIVER FARMS Free Run Large Brown Eggs 12's

Local

5.99^{ea}

NUDEFRUIT Frozen Fruit 500g - 600g

7.99^{ea}

ETHICAL BEAN Organic Fairtrade Whole Bean Coffee 340g

Local

13.49^{ea}

DEMPSTER'S 100% WHOLE GRAINS BREAD 600g

3.99^{ea}

Buy the following GLUTEN-FREE products and 25¢ will be donated to the Canadian Celiac association:

Happy
**Celiac
Awareness
Month**



SANTA CRUZ
**Organic
Lemonade**
gluten free 946 mL
plus deposit recycle fee

5.99 ea



FARMING KARMA
**Non-Alcoholic
Cocktails**
gluten free 285 mL
plus deposit & recycle fee

8.99 4 pk



GLUTINO
Wafers
gluten free
130g - 200g

4.99 ea



GLUTINO
Cookies
gluten free
245g - 300g

7.99 ea



BARBARAS
Cheez Puffs
gluten free
155g - 198g

3.49 ea



HELLO BELLO
**Premium
Shampoo &
Wash** 296 mL

6.99 ea



HELLO BELLO
Wipes 3x60's

9.59 ea



HELLO BELLO
**Premium
Diapers**
jumbo pack 17's - 35's

12.99 ea

SUMMER FRESH
TOPPED HUMMUS **5.99** ea
255 g



**ALL BUTTER
CROISSANTS** **6.99** 4 pk
baked fresh in-store or single 65 g \$1.79 ea



Traditional
**Coleslaw
Salad** **2.19**/100g



Summer or
Beer Sausage **2.29**/100g



WHITE BREAD
baked fresh in-store
450g **1.99** ea



CATHERINE'S
Antipasto
cranberry sauce or jelly
125 mL - 250 mL **8.99** ea



BITCHIN'
Assorted Sauces **8.99** ea
vegan gluten free 227 g



VOGUE CAKES
**MINI VEGAN
CUPCAKES** 320 g **15.49** 12 pk



CASTELLO
Blue Cheese **3.99**/100g

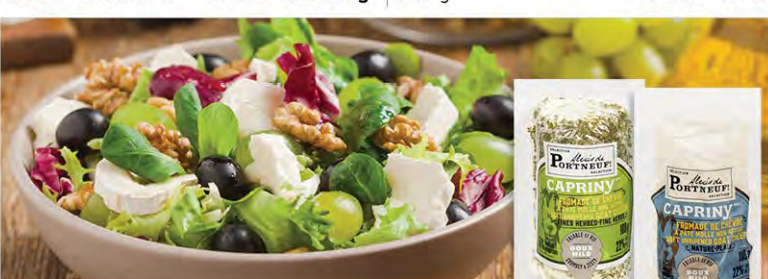


KRINOS
Kefalograviera
made with sheep's milk
200g **9.99** ea



**CLASSIC
LARGE
BOUQUET**

21.99 ea



ALEXIS DE PORTNEUF
**CAPRINY SOFT
GOAT CHEESE** 100g **4.99** ea

**RIEGER
BEGONIA**
6" pot

9.99 ea





CALIFORNIA FRESH STRAWBERRIES

454 g weather permitting

3.99^{ea}



USA/MEXICO
FRESH SEEDLESS RED GRAPES 8.80/kg

3.99^{lb}



BC FRESH LONG ENGLISH CUCUMBERS

2/\$3



BC FRESH BUTTER LETTUCE hot house

3.99^{ea}



CALIFORNIA FRESH YOOM COCKTAIL TOMATOES 454 g

2.99^{ea}



CANADA/USA
THE LITTLE POTATO CO. FRESH BABY POTATOES 680 g

1.5 lb
3.99^{ea}



CANADA
WINDSET FARMS FRESH CRESCENDO SWEET POINTED PEPPERS

3.99^{3 pk}



CALIFORNIA FRESH ORGANIC STRAWBERRIES 454 g weather permitting

6.99^{ea}



CALIFORNIA FRESH ORGANIC CARROTS 907 g

2lb
3.99^{ea}



IMPORTED FRESH ORGANIC GREEN KALE by the bunch

2.99^{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 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