

It's
May Long Weekend!
GET OUT & GROW
See Garden Specials... pg 10



Vancouver Island Owned
& Operated Since 1984



Armstrong
**Natural
Cheese**
400 g

4⁹⁷
ea

LIMIT 4 Total



Old Dutch
**Potato
Chips**
235 g

2/\$6



Fresh
**Whole
Watermelons**
From Mexico

6⁹⁷
ea



Earth's Own
**Oat
Beverage**
or Almond
1.75-1.89 L

3⁷⁷
ea



Santa Cruz
**Organic
Lemonade**
946 ml

3⁹⁷
ea



Island Farms
**Premium
Ice Cream**
or Frozen Yogurt
1.65 L

5⁹⁷
ea



Pepsi & Assorted
**Pepsi
Products**
12x355 ml

2/\$13



Level Ground
**Organic
Coffee**
300 g

8⁹⁷
ea



Farmhouse Poultry
**Chicken
Drumsticks**
All Sizes

1⁹⁷
lb
4.34 Kg

It's Fresher from Here!



In Our Bakery
Fresh Baked
**Hot Dog
or Hamburger Buns**
8 Pack

2/\$6



In Our Deli
Imported Irish
**Medium
Grass Fed
Cheddar**
Random Cuts

1⁹⁷
100 g

Excellent Savings!

www.countrygrocer.com

SALE ON AT ALL STORES: FRIDAY May 17 - THURSDAY May 23, 2024 except Salt Spring: WEDNESDAY May 15 - MONDAY May 20, 2024

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Butcher's BEST



Cut from Canada **AAA** Beef

Striploin Grilling Steaks

All Sizes



14⁹⁷
lb
33.00 Kg



Canadian Farm Raised
Grain-Fed

Chicken Breasts

Fresh Lilydale
Boneless, Skinless
All Sizes

5⁹⁷
lb
13.16 Kg



Canadian Farm Raised
Grain-Fed

Chicken Legs

Fresh Lilydale
Back Attached, Family Packs

2²⁷
lb
5.00 Kg



Fresh Canadian

Porkloin Back Ribs

All Sizes



4⁹⁷
lb
10.96 Kg



Cut From Canada **AA** Beef

Top Blade Flat Iron Steaks



8⁹⁷
lb
19.78 Kg

Buy BC and Support LOCAL FARMERS



Hertel's

Smoked Back Bacon

200 g



5⁴⁷
ea



Island Pastures

Pure Beef Patties

Frozen



8⁹⁷
lb
19.78 Kg

Made From 100% Grass Fed -
Grass Finished Beef

Butcher's CHOICE

Great for the Grill

Marinated

Chicken Thighs

Boneless, Skinless
Assorted Flavours



7⁹⁷
lb
17.57 Kg



Great for the Grill

Certified Angus Beef

Top Sirloin Medallion Steaks



11⁹⁷
lb
26.39 Kg

Aged a minimum of 14 days



Farmhouse Poultry

Chicken Drumsticks

All Sizes



1⁹⁷
lb
4.34 kg

It's Fresher from Here!



Country Grocer is proud to be an
Ocean Wise partner,
 supporting sustainable seafood.
 The Ocean Wise symbol identifies those seafood items
 as a good choice to help protect life in our oceans.

SEAFOOD



Crystal Waters
**Atlantic Maple
 Salmon Skewers**

4 Skewers
 per package
 Frozen, 320 g

6⁹⁷
 ea

While Stocks Last



Fresh **Halibut
 Steaks**

Caught off the Coast
 of Vancouver Island

2⁹⁷
 100 g



Wild **Coho
 Salmon
 Fillets**

Previously Frozen

3⁴⁷
 100 g



Earl's
**Signature
 Clam
 Chowder**
 550 ml, Frozen

11⁹⁷
 ea



Mussel King
PEI Mussels
 Garlic Butter or
 White Wine
 & Herbs
 454 g, Frozen

6⁹⁷
 ea



WILD
**Sockeye Salmon
 Burgers**

Tomato Asiago or
 Spinach Feta

2⁹⁷
 100 g

Previously Frozen



WILD Smoked
**BBQ Salmon
 Tips**

Regular or Peppered

2⁴⁷
 100 g

Previously Frozen

Aqua Star
**Raw Easy Peel
 Prawns**
 26-30 Prawns per lb
 340 g
 Frozen



9⁹⁷
 ea

Janes
**Breaded
 Fish Fillets**
 Assorted Varieties
 450 g
 Frozen



8⁹⁷
 ea

Extra MEAT SAVINGS



Grimm's Fine Foods
**Sizzlin'
 Smokies**
 Assorted Flavours
 375-450 g

6⁷⁷
 ea



Harvest Meats
Wieners
 All Beef or Regular
 675 g

9⁹⁷
 ea



Lou's Kitchen
Homestyle Entrées
 Assorted Flavours
 375-450 g

9⁹⁷
 ea



Pinty's Eat Well
**Breaded
 Chicken**
 750-790 g
 Frozen

14⁹⁷
 ea



Grimm's Fine Foods
**Bavarian
 Smokies**
 Original & Cheddar
 750 g

9⁹⁷
 ea



The Keg
**BBQ Pork
 Back Ribs**

Fresh or Frozen
 700 g

16⁹⁷
 ea



The Keg
**Prime Rib
 Burgers**

Fresh or Frozen
 908 g-1.02 Kg

21⁹⁷
 ea



Janes Pub Style
**Breaded
 Chicken**
 Strips, Nuggets,
 Burgers
 Frozen, 700 g

8⁹⁷
 ea



DELI

Thousands more
Features & Volume Buy
 deals in store!
 Look for them today at your favourite location.



Premium

Rosemary Ham

3⁴⁷
 100 g



Genoa Salami
 Regular or Hot



4⁴⁷
 100 g



Freybe
Salami
 Assorted Varieties



4⁴⁷
 100 g



Kentucky Style Chicken



2⁴⁷
 100 g



German Style
Charcuterie Sliced Salami



Assorted Varieties
 100 g

4⁹⁷
 ea



Mastro
Charcuterie Trio Sliced Meats



Assorted Varieties
 150-250 g

9⁹⁷
 ea

CHEESES from Around the WORLD



Castello
Blue Cheese
 Random Cuts



3⁶⁷
 100 g



Canadian
Bocconcini
 Assorted Varieties
 200 g



6⁹⁷
 ea

Great Savings!

Imported Austrian
Edam
 Random Cuts



2⁷⁷
 100 g



Imported
German Butter Cheese
 Random Cuts
2⁹⁷
 100 g



Imported Austrian
Emmental
 Random Cuts
2⁹⁷
 100 g



Fresh TO GO



Reser's
Salads
Assorted Varieties
1.25 Kg

7⁹⁷
ea

Prepared In-House



Fresh
**Creamy
Coleslaw**

1⁷⁷
100 g



Summer Fresh
Hummus
Assorted Varieties
255 g

5⁶⁷
ea



Prepared In-House
**Snack Pack
On the Go**
Includes Portion Cheese,
Veggies, Fruit, Dip and
more!



6⁹⁷
ea

Bringing the Best
Quality to You



Premium
**Beef Sausage
Rolls**

3 Pack
Made in BC!

6⁹⁷
ea

Fresh SUSHI

Freshly Made
In-House Daily

Regular or Spicy
**California
Sushi Rolls**
12 piece



6⁹⁷
ea

Freshly Made
In-House Daily

**Mango
Smoked Salmon
Sushi Rolls**
6 Piece



9⁹⁷
ea

Cut Fresh
In-House Daily

Country Grocer
Watermelon
4 Slice Package



1⁹⁷
ea

Made Fresh
In-House Daily

Fresh
**Guacamole
or Salsa**
Approx 300 g



3⁹⁷
ea

MADE IN-HOUSE Fresh

BULK Foods

Walnuts
Pieces & Halves
aslo Crumbs



1⁷⁷
100 g

Foley's
**Chocolate
Peanuts**
Milk or Dark



1⁸⁷
100 g

**Roasted
Almonds**
Salted or Unsalted



2²⁷
100 g

**Super Mac
Mix**
Salted or Unsalted



2⁹⁷
100 g



Natural & ORGANIC



Phillips
Craft Soda
4x355 ml

4⁷⁷
ea



Beyond Meat
Burger Patties
Plant Based
226 g

5⁹⁷
ea



Made Good
Organic Bars
Also Granola Minis
or Cookies
5 Pack

2/\$7



Que Pasa
Tortilla Chips
Organic
300-350 g

3⁹⁷
ea



Ethical Bean
Coffee Pods
Organic
12s

9⁹⁷
ea



Jelly Belly
Vegan Gummies
198 g

2/\$7



Yoyo Bears
Fruit Rolls
100 g

4⁹⁷
ea



Que Pasa
Organic Salsa
420 ml

3⁹⁷
ea



Natura
Oat Beverage
Organic
946 ml

2⁷⁷
ea



Little Creek
Salad Dressing
Organic
295 ml

6⁴⁷
ea



Happy Planet
Organic Juice
1.75 L

2/\$9

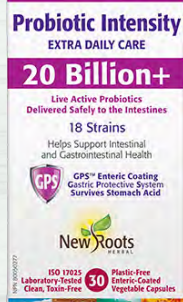


Triple Crown
BBQ Sauce
Organic
350 ml

5⁹⁷
ea



Vitamins & SUPPLEMENTS



New Roots Probiotics

20% OFF
AT CHECKOUTS

Each scoop of this vegan superfood powder provides you with real food ingredients sourced from land and sea vegetables.



Progressive VegeGreens

20% OFF
AT CHECKOUTS



Green Beaver Toothpaste

75 ml

An all-natural toothpaste that is made without the added artificial sweeteners, harsh chemicals or harmful ingredients.



5.97 ea

Wedderspoon Drops

120 g



7.97 ea

Wize Leaf Sparkling Iced Tea

355 ml



2.97 ea

Featuring functional plant-based protein sourced from 5 sprouted grains: brown rice, millet seeds, amaranth grains, pumpkin seeds, and quinoa seeds.

IronVegan Bars



64 g

Case of 12

2/\$7 | **38.97** ea



At Aeryon Wellness our mission is to "Empower Women With Holistic Health."

Using the latest in scientific research we formulate and distribute the highest grade, all natural, support supplements that make a difference.



Aeryon Wellness Products

20% OFF
AT CHECKOUTS

IronSmart is ideal for individuals looking to prevent iron-deficiency anemia. It is a gentle, low-dose form of iron that does not cause unwanted side effects of stomach upset or nausea. IronSmart is suitable for vegans, vegetarians and is gluten-free.



Smart Solutions IronSmart

250 ml

60 caps

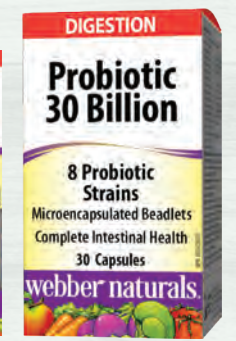
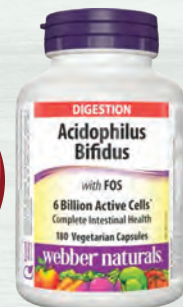
27.97 ea | **17.97** ea



Webber Naturals Products



40% OFF
AT CHECKOUTS





Serena
Produce Department
Cobble Hill

GROCERY



Lay's
Potato Chips
220-235 g

2/\$8



Bubly
Sparkling Water
or Montellier (10 Pack)
12x355 ml

2/\$12



Tostitos
Tortilla Chips
or Salsa (418 ml)
205-295 g

2/\$8.50



Powerade
Sports Drinks
710 ml

2/\$3



Coke & Assorted
Coca Cola Products
2 L

2/\$5



Kellogg's
Cheez-it Crackers
191-200 g

2⁹⁷
ea



We Love BC
Snack Mixes
150 g

2/\$7



Pepsi & Assorted
Pepsi Products
1 L

4/\$5



Leaf
Licorice Allsorts
or Waterbridge
150-200 g

2/\$5



Cabana
Lemonades
591 ml

2/\$5



Old Dutch
Corn Chips
or Humpty Dumpty
Party Mix
250-285 g

3⁹⁷
ea



NEW Flavour!
Dare
Snacking Crackers
173-225 g

2/\$5



NEW to Country Grocer!
Dare
Mini Gummies
180 g

3/\$5

Dare
**LONG-WEEKEND SNACKING
MADE BETTER**



NEW



Dare
Ultimate Cookies
290-300 g

2⁹⁷
ea



NEW Flavour!
Dare
Veggie Crisps
100 g

2⁴⁷
ea

made better.



Chef Heidi's Recipe
**Brunchy
 Baked Eggs**

Find the recipe at countrygrocer.com



Folgers
**K-Cup
 Coffee**
 30s

16⁹⁷
 ea



Sawmill
**Steak
 Sauce**
 350 ml

6⁹⁷
 ea



Safflower
**Sunflower
 Oil**
 1L

4⁹⁷
 ea

NEW to Country Grocer!



Tazo
**Natural
 Tea**
 20s

4⁷⁷
 ea



Elias
**Liquid
 Honey**
 or Creamed, 1 Kg

12⁹⁷
 ea



Primo
Beans
 540 ml

3/\$5



Nescafe
**Instant
 Coffee**
 100-170 g

7⁹⁷
 ea



Christie
**HoneyMaid
 Wafers**
 400 g

4⁹⁷
 ea



Jet Puffed
Marshmallows
 400 g

2/\$5



Teja
**Roasted
 Peanuts**
 In the Shell
 800 g

4⁹⁷
 ea



Kellogg's
**Funpack
 Cereal**
 210 g

4⁴⁷
 ea



STOCK UP ON ESSENTIALS FOR LESS!



Knorr
**Sidekicks
 Pasta**
 or Rice
 124-153 g

5/\$10



Knorr
**Soup
 Mix**
 40-83 g

2/\$4



Knorr
**Onion
 Soup**
 Also Chicken or
 Light Chicken
 4s

2/\$6



Hellmann's
Mayonnaise
 710-890 ml

5⁹⁷
 ea

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Get Out & Grow!

Country Grocer

Soils 35 L

Island GOOD

ALL PURPOSE Potting Soil

RICH ORGANIC Garden Soil

Container Mix

Garden Soil - 7.47
Potting Soil - 9.47
Container Mix - 11.47

Island Grown

Perennial Lavender

A Pollinator's Dream!

Lavender Extravaganza

2 Gallon 1 Gallon 4 Inch

16⁹⁷ 8⁹⁷ 3⁶⁷ ea

Island GOOD

myGarden Fertilizer

MyGarden Fertilizers 1.5 Kg

9⁹⁷ ea

- Rose & Flower
- Tomato & Veg
- Fruit & Berry
- Rhodo & Azalea
- All Purpose

Island GOOD

Calibrachoa Hanging Baskets

10 Inch

28⁹⁷ ea

Island GOOD

Safer's 3 in 1 & Insecticidal Soap

1 L, RTU

11⁹⁷ ea

Island GOOD

Gaura Belleza

1 Gallon

8⁹⁷ ea

Island GOOD

Petunias, Marigolds, Cosmos & Impatiens

1 Gallon

6⁹⁷ ea

Island GOOD

Mixed Planters

8 Inch

15⁹⁷ ea

Island GOOD

Colour Feature Night Sky Petunia

7 Inch

7⁹⁷ ea

Island GOOD

Alstroemeria

1 Gallon

14⁹⁷ ea

Island GOOD

Strawberry Plants

4 Inch

2⁸⁷ ea

Island GOOD

Mixed Herb Planter

10 inch

14⁹⁷ ea

Island GOOD

Culinary Herbs

4 inch

2⁹⁷ ea

Island GOOD

Superior Farms Annuals

4 inch

4⁴⁷ ea



Acosta and Country Grocer help tackle Gluten-Free food insecurity

For Canadians with celiac disease (CD), living gluten free is not a fad diet but essential to effectively treating this genetic autoimmune condition. CD affects 1 in 100 Canadians and prevents them from consuming any foods that contain gluten (i.e., wheat, rye, barley or regular oats) without suffering numerous debilitating health issues.

The demand on food banks remains significant and, unfortunately, the dietary needs of people with celiac disease can be overlooked.

During May Celiac Awareness Month, partial proceeds from the purchases of these gluten-free products will be donated to our friends at Mustard Seed, Loaves & Fishes and CMS in Mill Bay (Cobble Hill, Mill Bay & Shawnigan) so that they can better support their gluten-free families.

*"The economic burden of celiac disease is significant. Gluten-free products range from cost 74% to 518% more expensive than their gluten-containing counterparts. Our community is more vulnerable to food supply chain shortages due to their highly specific and required gluten-free diet."*¹

¹ celiac.ca/tax-fairness-and-affordability

Thank you for your support!



Angie's Popcorn
Boom Chika Pop
136-198 g

2/\$9

GF



Barbara's Snack Puffs
155-198 g

2/\$6

GF



Santa Cruz Organic Lemonade
946 ml

3⁹⁷ ea

GF



Farming Karma Fruit Soda
6x285 ml

8⁹⁷ ea

GF Also Single Cans \$1.77 ea



Kind Breakfast Bars
or Healthy Grains
4-5s

2/\$7

GF



Daiya Dairy-free Shredded Cheese
Also Slices or Blocks
185-220 g

4⁴⁷ ea

GF



Earth Balance Buttery Spread
368-425 g

5⁹⁷ ea

GF



Santa Cruz Organic Lemon Juice
or Lime
473 ml

6⁴⁷ ea

GF



Glutino Pretzels
156 g

5⁹⁷ ea

GF



Glutino Wafer Cookies
130-200 g

4⁴⁷ ea

GF



Naked & Saucy Salad Dressing
Organic
250 ml

7⁴⁷ ea

GF



Naked & Saucy Soy Substitute
Organic
296 ml

7⁴⁷ ea

GF



Dairy FRESH



Island Farms
Half & Half
10% Cream
1 L

3⁴⁷
ea



Island Farms
Sour Cream
250 ml

2/\$4



Island Farms
Cream Cheese
500 g

6⁷⁷
ea



Heluva Good
Chip Dip
250 g

2⁷⁷
ea



Siggi's
Skyr Yogurt
Icelandic Style
650-750 g

5⁹⁷
ea



Yoplait
Yogurt Tubes
8x56 g

2/\$7



Yoplait
Yop Minigo
8x93 ml

4⁹⁷
ea



Yoplait
Source Yogurt
630 g

3⁴⁷
ea

FROZEN Foods



Chapman's
Original Ice Cream
2 L Carton

4⁹⁷
ea



Bassili's Best
Entrée Dinners
Single Serve
250-300 g

2/\$7



Gardein
Plant Based Entrées
230-390 g

4⁹⁷
ea



Chapman's
Collection Bars
or NSA Bars
4-8 Pack

5⁹⁷
ea

HOUSE, HOME & Pet



Woolite
Laundry Detergent
1.8 L

11⁹⁷
ea



Purex
Bathroom Tissue
12 Double Roll=24

7⁹⁷
ea



Sponge Towel
Paper Towel
6 Roll

6⁹⁷
ea



Finish
Dishwasher Gel
1.6 L

5⁹⁷
ea

Bakery FRESH



**THIS
WEEK'S
HOT BUY**

Hot Dog & Hamburger Buns

8 Pack

2/\$6

Made, RIGHT Here

Sliced Sourdough Bread

454 g

2/\$5

Grab & Go Cheese Sticks

6 Pack

5⁹⁷ ea

Blueberry or Carrot Muffins

6 Pack

5⁹⁷ ea

Bar-B-Q Ready

Garlic Bread

500 g

2⁹⁷ ea



Silver Hills Organic Breads

510-680 g

4⁹⁷ ea

Gluten Free

Little Northern Bakehouse Hot Dog & Hamburger Buns

260-320 g

4⁹⁷ ea



TREATS of the WEEK

Deluxe Parfait Cups

250-330 g

- Triple Chocolate
- Strawberry Shortcake

4⁷⁷ ea

Mix & Match!



Villaggio Bread & Buns

510-540 g, 6s, 8s

2/\$7

Made with FRESH Island Farms Whipping Cream!



Fresh PRODUCE



We Support Local BC Growers

Country Grocer provides the highest quality product direct from BC Farms. Enjoy the best tastes of BC all year long!



Have a Safe and Happy

Victoria Day Long Weekend

Melon Mania

Seedless

Mexico Large

Whole Watermelons

6⁹⁷
ea



Mexico
**Cantaloupes,
Honeydews,
Mini
Watermelons**

2/\$6



B.C. Grown
Taste Buddies
Sweet Mini Peppers
8 oz Bags



2⁹⁷
ea



B.C. Grown
Mini Cucumbers
1 lb Bags



2⁹⁷
ea



California
Asian Cut Broccoli Crowns

2⁹⁷
lb
6.55 Kg



California
Baby Carrots
2 lb Bags

4⁹⁷
ea

New Crop

California
White Nugget Potatoes



1⁹⁷
lb
4.34 Kg



Washington
Foil Wrap Baker Potatoes
2 pack Tray

1⁹⁷
ea



Mexico
Large Green Peppers

2⁹⁷
lb
6.55 Kg



B.C. Grown
Hot House
Avalantino Tomatoes
1 lb Clamshell



3⁹⁷
ea

New Crop



California
Yellow Peaches

4⁹⁷
lb
10.96 Kg



Fresh
Certified

ORGANIC PRODUCE



ORGANIC B.C. Grown
Gala
Apples
3 lb Bags



6⁹⁷
ea

ORGANIC Mexico
Ataulfo
Mangoes



1⁹⁷
ea

ORGANIC U.S.

Yellow Nectarines

2 lb Bag



7⁹⁷
ea

ORGANIC Mexico
Long English
Cucumbers



3⁴⁷
ea

ORGANIC Mexico
Bunched
Carrots



2⁹⁷
ea
Bunch

ORGANIC B.C. Grown
Green
Dandelion
Greens



4⁹⁷
ea

ORGANIC U.S.
Artichokes



3⁹⁷
ea

Make a healthy choice! Fill half your plate with fruits and veggies.

The Half Your Plate Program is a healthy living initiative that empowers Canadians to eat more fruits and vegetables to improve their health. It's fun, practical, and informative, with tips on how to prepare fruits and vegetables for meals, snacks at home, school, work, eating out or on the go. Country Grocer is proud to be a part of this, and to bring you all the information on how you can join in on this great new program. Go to: www.cpma.ca & www.bcpma.com Find weekly tips and recipes on their blog at: halfyourplate.ca Follow them on Facebook, Pinterest & Twitter for all the latest news! Use #halfyourplate to share recipes and tips.



FLORAL & GARDEN



Love Local
Bouquet

29⁹⁷
ea



Victoria
Bouquet

28⁹⁷
ea



Pastel Pearl
Bouquet

32⁹⁷
ea



African
Violets

4 inch

5⁴⁷
ea



Gerbera
Daisies

6 inch

9⁹⁷
ea

You'll feel like family.



Vancouver Island Owned
& Operated Since 1984



Post
Shreddies
Cereal
or Shredded Wheat
425-525 g
2.97 ea



Happy Planet
Organic
Juice

1.75 L

2/\$9



Whittaker's
Chocolate
Bar
Creamy Milk only
200 g
1.97 ea

While Stocks Last



Dole
Pineapple
Chunks
540 ml
.97 ea

While Stocks Last



In Our Deli
Schneiders
Turkey
Breast
Tomato Basil
2.47 100 g

While Stocks Last

In the
Meat Department



Mitchell's
Smoked
Bacon
375 g
3.97 ea

While Stocks Last

In the
Meat Department



Maple Leaf
Ham
Nugget
Black Forest
600 g
5.97 ea

While Stocks Last

11 Great Locations
to **SERVE YOU!**

VICTORIA (ROYAL OAK)
250-708-3919
OPEN 7am-10pm
Royal Oak Shopping Centre
4420 West Saanich Rd.

VICTORIA (ESQUIMALT)
250-382-5515
OPEN 7am-10pm
1153 Esquimalt Rd.

OPEN 7 Days
a Week!

NANAIMO (CHASE RIVER)
250-753-7545
OPEN 7am-10pm
82 Twelfth St.

NANAIMO (BOWEN RD.)
250-591-5525
OPEN 7am-10pm
1800 Dufferin Crescent

SALT SPRING ISLAND (GANGES)
250-537-4144
OPEN 7am-9pm
374 Lower Ganges Rd.

LAKE COWICHAN
250-749-6335
OPEN 7am-10pm
83 Cowichan Lake Rd.

COBBLE HILL
250-743-5639
OPEN 7am-10pm
33-1400 Cowichan Bay Rd.

DUNCAN
250-856-0989
OPEN 7am-10pm
3288 Cowichan Lake Rd.

CHEMAINUS
250-246-3551
OPEN 7am-10pm
3055 Oak Street

LADYSMITH
250-245-3221
OPEN 7am-10pm
1020 1st Avenue

CEDAR
250-722-7010
OPEN 7am-10pm
1824 Cedar Rd.



Our flyer is made with recycled content
and vegetable oil based ink.

We have an App!



Check out our weekly deals,
browse recipes and check out
our social media.

Selection may vary by store.

Deposits and/or environmental fees extra where applicable.

Photos are for illustrative purposes only.

We reserve the right to limit quantities.

www.countrygrocer.com

649 Extra 649

Lotto Centre at all locations
(Except Salt Spring)



Look for our
Gluten Free
Savings!

Proud Member Of

CANADIAN FEDERATION OF
INDEPENDENT GROCERS
FÉDÉRATION CANADIENNE
DES ÉPICIERS INDÉPENDANTS