

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



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



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

10⁴⁹

PRODUCT OF CANADA
HEALTHY PUP Superfood Dog Treats 113 g



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

17⁹⁹ THINK Suncare 59-89 mL

15% off

HONEST CO Baby Toiletries 118-355 mL



16⁹⁹

LEMONAIDE Laundry Eco Packs 1.5 L



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



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

