



Simple Goodness.

Weekly SPECIALS



SUPER Saver

CUT FROM WESTERN CANADIAN
FRESH AAA CERTIFIED ANGUS BEEF® STRIP LOIN ROAST or STEAKS
family pack 37.46/kg • aged minimum 21 days

Save 32% OFF REGULAR PRICE

16.99 lb



SUPER Saver

FRESH PORK BACK RIBS 11.66/kg

Save 47% OFF REGULAR PRICE

5.29 lb



SUPER Saver

Local

FRESH BC CHICKEN LEGS back attached family pack 6.15/kg

Save 40% OFF REGULAR PRICE

2.79 lb



1lb

Locally GROWN

SUPER Saver

BC FRESH MINI CUCUMBERS 454 g

3.99 ea



Locally GROWN

SUPER Saver

BC FRESH GRAPE TOMATOES 1 pint

2.99 ea



SUPER Saver

ADAM'S 100% NATURAL PEANUT BUTTER 500 g

2.99 ea



SUPER Saver

SILK SOY BEVERAGE almond, oat, coconut or cashew 1.75 L - 1.89 L plus deposit & recycle free

3.99 ea



SUPER Saver

GAROFALO PASTA 500 g • selected

2/\$4

FRIDAY, OCTOBER 18 - THURSDAY, OCTOBER 24



**FRESH BONELESS
CENTRE CUT PORK
LOIN CHOPS**
family pack 9.90/kg

4.49 lb

Often imitated, Never duplicated
**CERTIFIED AAA
ANGUS BEEF®**

Meets or Exceeds
10 STANDARDS
FOR CERTIFICATION

Alberta Premium
**AAA
ANGUS BEEF**

Exquisite
MARBLING

Aged Minimum
21 DAYS

Strict Standards
FOR SUPERIOR
ANGUS

A Promise of
**UNRIVALED
FLAVOUR, JUICINESS
& TENDERNESS**

LOOK FOR THIS
SYMBOL
IN-STORE

Freybe
FREYBE
Salamì
gluten free
250g

Local

7.99 ea

**SUPER
Saver**

Olivieri

**OLIVIERI
Fresh Pasta**
500g - 700g • selected
or Fresh Pasta
Sauce 160g or 300 mL

9.89 ea
4.99 ea

**SUPER
Saver**

roadhouse
**1/3
POUND
BEEF BURGERS**

22g PROTEIN
10g FIBRE

**CARDINAL ROADHOUSE
1/3 Pound Beef
Burgers** 906g

15.99 ea

JOHNSONVILLE
**Pork Breakfast
Sausages** or ground
italian sausage meat 375g
or rounds 250g • gluten free

5.49 ea

**SUPER
Saver**

CUT FROM WESTERN CANADIAN
Fresh AAA Certified
Angus Beef® Eye of
Round Roast 18.72/kg
or family pack steaks
19.82/kg (8.99/lb)
aged minimum 21 days

8.49 lb

Local

Local

**Fresh BC
Chicken Wings**
family pack 12.10/kg

5.49 lb

NEW

AQUA STAR
Lightly Dusted
Calamari 340g

7.99 ea

**SUPER
Saver**

OCEAN WISE

**OCEAN WISE
Wild Ahi Tuna**
frozen or thawed for
your convenience

2.39 /100g

**SUPER
Saver**

OCEAN WISE

**OCEAN WISE
Fresh Pacific
Halibut Fillets**

6.29 /100g

AQUA STAR
Pacific White
Raw Shrimp 340g
quick-peel 26/30 count

7.69 ea

Local

OLYMPIC
KREMA
ORGANIC GREEK
YOGURT

4.99 ea

**SUPER
Saver**

**I CAN'T BELIEVE
IT'S NOT BUTTER!**
Original Spread
427g

1.99 ea

**JOYYA BY
DAIRYLAND**
Ultrafiltered
Milk 1L
plus deposit &
recycle fee

Local

4.39 ea

Silk
For Coffee
almond, soy, oat or
half & half 890 mL
plus deposit & recycle fee

3.99 ea

**NON
GMO
Project
VERIFIED**

DANONE
Oikos Yogurt
4x 100g or activia 650g

3.99 ea

OLYMPIC
Organic Yogurt
650g • selected

5.69 ea

Local

TRE STELLE ARLA
Cream Cheese
Spread 200g

4.29 ea

ARMSTRONG
Nibblers 200g

4.79 ea

MILK2GO
Partly Skimmed
Milk Beverages
310 mL plus deposit & recycle fee

1.69 ea

Breyers
CREAMERY STYLE
ICE CREAM 1.66L

6.99 ea

**SUPER
Saver**

WARM + COZY Savings



SUPER Saver

LEVEL GROUND COFFEE ROASTERS
ORGANIC COFFEE
300 g • fairtrade

10.99 ea



TIM HORTONS
Ground Coffee Capsules 10's
compatible with Nespresso® original machines

NEW
7.99 ea



NESCAFE GOLD
Flavoured Coffee Mix 8's **5.99** ea



SILK
Oat Hazelnut Latte Dairy-Free Creamer 450 mL
plus deposit & recycle fee **3.29** ea



ELIAS
Honey creamed or squeeze bottle 1kg **14.99** ea



RED ROSE
Orange Pekoe Tea 72's **5.99** ea



DILMAH
Premium Ceylon Tea 100's **5.99** ea

COOK UP SOMETHING NEW
WITH **Kraft Heinz**



CRAVE
Global Cravings Frozen Entrées
300 g - 312 g

\$5.99 Each / Any variety



CRAVE
Frozen Entrées 283 g - 340 g selected **2/\$9**



Kraft Dinner
Macaroni & Cheese 175 g

\$2.49 Each / Any variety



KD Deluxe
Frozen Dinners 340 g

\$4.99 Each / Any variety

October is
NON GMO + FAIRTRADE
MONTH



SILVER HILLS
SPROUTED POWER BREAD 430 g - 650 g • selected **4.49** ea



NATURE'S PATH ORGANIC
Organic Instant Oatmeal 8's • selected **5.99** ea



NATURE'S PATH ORGANIC
Organic Superfood Oatmeal 6's or gluten free organic brown sugar maple instant oatmeal 8's **6.49** ea



TRUBAR
Vegan Protein Bar 50g • plant based **2.99** ea



OMG!
Chocolate Almond Toffee Clusters 100 g fairtrade **3.59** ea



BEN & JERRY'S
Ice Cream 473 mL fairtrade • selected **4.99** ea



ANGIE'S
Boom Chicka Pop Popcorn 125 g - 198 g gluten free **5.99** ea



CARBONAUT
Hamburger or Hot Dog Buns 5's - 6's plant based keto certified **7.99** ea



RUSTIC BAKERY
Organic Sourdough Crackers 170 g **8.49** ea



QUEEN STREET BAKERY
Chia Classic Loaf 480 g • gluten free **6.99** ea



CABOO
Tree Free TP Bamboo Bath Tissue 12's 2-ply double roll **10.49** ea



HAIKU
Mixed Asian Vegetables
gluten free
398 mL

3.49 ea



ASIAN FAMILY
Thai Sweet Chili Sauce
750 mL

5.99 ea



BROYA
Organic Bone Broth 500 mL

9.99 ea



BAR HARBOR
Wild Herring or Sardine Fillets
190 g

5.49 ea



ASIAN FAMILY
VERMICELLI or RICE STICK NOODLES 250 g

2/\$4

SUPER Saver



ASIAN FAMILY SAUCES or MARINADES

korean bbq, pad thai, chinese bbq, honey garlic, honey soy, black bean 235 mL • selected



2/5.50

SUPER Saver



SUNRYPE
Fruit + Veggies 100% Juice or slim
1.36 L plus deposit & recycle fee

3.69 ea



MAPLE LEAF
Flakes of Ham
156 g

2/\$5



MAPLE HILL FARMS
Free Range Organic Large Brown Eggs 12's

7.59 ea



SAN REMO
Organic Italian Tomatoes 796 mL

3.99 ea



RAO'S
Pasta Sauce
660 mL

11.99 ea



NEW
SAN GIULIANO ALGHERO
Grapeseed Oil 1L

15.99 ea



SAN REMO
Extra Virgin Olive Oil
cold pressed
250 mL

6.99 ea



UNICO
Kalamata Olives
375 mL

5.99 ea



EARTH'S CHOICE
ORGANIC BEANS
398 mL • selected

2/\$4

SUPER Saver



LIPTON
Chicken Noodle Cup-a-Soup 4's

1.99 ea



BODYARMOR
SuperDrink Sports Drink
473 mL plus deposit & recycle fee

2.49 ea



HUMBLE
Organic Potato Chips 135 g • gluten free

3.99 ea



RUFUS TEAGUE
MADE SOME SAUCE
BBQ Sauce 330 mL

7.99 ea



COCA-COLA
canada dry, sprite, a&w, barq's, fresca, fanta or nestea cool
355 mL plus deposit & recycle fee

7.99 12 pk

SUPER Saver



PRINGLES
Potato Chips 156 g

2/\$6

SUPER Saver



GUINNESS
Non-Alcoholic Draught Beer
440 mL plus deposit & recycle fee

9.99 4 pk



SANPELLEGRINO
Italian Sparkling Drinks 330 mL
plus deposit & recycle fee

6.99 6 pk



DR. OETKER
Casa Di Mama or Ristorante Pizzas 320 g - 410 g

6.49 ea



SUPER Saver

CESAR CANINE CUISINE DOG FOOD 100g **3/4.98**



CESAR Baki's Treats for Small Dogs 180g **3.29** ea



SUNLIGHT Concentrated Detergent 4L • 100 loads **15.99** ea



SCOTTIES Facial Tissue 81's or 126's **8.99** 6pk



PUREX Bathroom Tissue double roll 12's or ultra 8's or spongetowels ultrapro 3's or ultra 6's **8.99** ea



ALBANESE 12 Flavour Gummies bears or worms 198g - 212g **3.79** ea



COOKIE IT UP Shorts bite-sized shortbread cookies 140g **4.99** ea



PURE LIFE Splash Blast flavoured water beverage 500 mL plus deposit or recycle fee **3.99** 6pk



ENSURE Nutritional Supplement 235 mL • gluten free **17.99** 6pk



Local

SUPER Saver

SOUPETC! FRESH SOUPS 700 mL assorted varieties excluding broths **7.99** ea



SUPER Saver

SIMPLE BAGUETTE baked fresh in-store daily 325g **2.69** ea



WOOLWICH DAIRY Topped Goat Cheese 170g **7.99** ea

SUPER Saver



WENSLEYDALE CREAMERY Yorkshire & Cranberries **4.49** /100g



Local

HOMESTYLE SOURDOUGH HALF LOAF 460g

4.49 ea



Smoked Austrian Gruyere Cheese **2.69** /100g



FREYBE Liver Sausage 125g **3.99** ea

Local



GOURMET CINNAMON BUNS baked fresh in-store 140g single **2.69** ea or 280g **5.29** /2pk or 560g

9.99 4pk

MADE WITH REAL BUTTER, TRUE SAIGON CINNAMON & GOURMET CREAM CHEESE ICING



TRE STELLE Feta Dip 175g **5.99** ea



Super Caesar Pasta Salad **2.49** /100g



CLASSIC MEDIUM BOUQUET

15.99 ea



SCHNEIDERS Smoked Ham **2.29** /100g



Homestyle Roast Beef with or without garlic **3.49** /100g



POTTED MUMS 6" pot

9.99 ea



CALIFORNIA
**FRESH RED SEEDLESS
 GRAPES** 7.70/kg

3.49 lb



*Locally
 GROWN*

**BC FRESH GALA
 APPLES** 4.39/kg

1.99 lb



NEW ZEALAND
FRESH KIWI FRUIT

99¢ ea



*Locally
 GROWN*

**BC FRESH DOLCE SUPER
 SWEET MINI PEPPERS**
 454 g bag

3.99 ea

1lb



CALIFORNIA
**FRESH BABY-CUT
 CARROTS** 454 g

2.99 ea

1lb



*Locally
 GROWN*

**BC FRESH YELLOW or
 RED POTATOES** 2.27 kg bag

4.99 ea

5lb



**BC FRESH WHITE
 MUSHROOMS**
 whole 227 g or sliced 170 g

2.99 ea

*Locally
 GROWN*



MEXICO
**FRESH ORGANIC
 HASS AVOCADOS**

2.49 ea



*Locally
 GROWN*

**BC FRESH ORGANIC
 AMBROSIA APPLES**
 5.49/kg

2.49 lb



CALIFORNIA
**FRESH ORGANIC
 GREEN GRAPES** 11.00/kg

4.99 lb

**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