

Celebrating
40 YEARS!



Over **\$40,000**
in Giveaways

WIN PRIZES
IN-STORE &
ON SOCIAL MEDIA

40 YEARS

TEN \$1000
CASH PRIZES

\$400
GIFT CARD
GIVEAWAYS
PER WEEK / PER STORE

\$10,000 CASH GRAND PRIZE!



Kicking Horse
Ground Coffee
Organic, 284 g

8⁹⁷
ea



Armstrong
Natural Cheese
or Shreds
450-600 g



7⁹⁷
ea

LIMIT 3 Total



Knorr
Sidekicks Pasta
or Rice
120-153 g

1⁷⁷
ea



General Mills
Cheerios Cereal
300-430 g

2/\$7



Dr. Oetker
Ristorante Pizza
or Casa Di Mama
320-410 g

3⁹⁷
ea



Arm & Hammer
Laundry Detergent
1.42-1.63 L

5⁹⁷
ea



Fresh Lilydale
Chicken Legs
Back Attached
All Sizes

2⁴⁷
lb
5.45 kg



U.S. Grown
Large Cantaloupes

1⁹⁷
ea



Fresh Baked
French Bread
454 g

1⁷⁷
ea



Imported Dutch
Spiced Gouda
Random Cuts

2⁹⁷
100 g

www.countrygrocer.com

SALE ON AT ALL STORES: FRIDAY Nov. 1 - THURSDAY Nov. 7, 2024 except Salt Spring: WEDNESDAY Oct. 30 - MONDAY Nov. 4, 2024

PAGE 1



Butcher's BEST



Cut from Canada AA Beef
**Striploin
Grilling
Steaks**

All Sizes

9⁹⁷
lb
21.98 kg



Fresh Lilydale
Chicken Breasts

Split
All Sizes

Canadian Farm Raised
Grain-Fed

4⁴⁷
lb
9.85 kg



Fresh Canadian
**Pork loin
Back Ribs**

All Sizes

4⁹⁷
lb
10.96 kg



Cut From Canada AA Beef
**Top Blade
Flat Iron
Steak**

All Sizes

7⁹⁷
lb
17.57 kg



Fresh Ovation
New Zealand
**Lamb Loin
Chops**

Free Range Lamb
100% Grass-Fed

14⁹⁷
lb
33.00 kg

Buy BC and Support **LOCAL FARMERS**



Hertel's Meats

**Fresh
Sausage**

- Mild & Hot Italian
- Bratwurst
- Chorizo
- British Bangers



400g

6⁹⁷
ea



Farmhouse Poultry

**Chicken
Breast Skewers**

Tandoori or Greek



9⁹⁷
lb
21.98 kg

Butcher's CHOICE



Stuffed with Dressing
**Pork
Tenderloin**

6⁹⁷
lb
15.37 kg

Easy Meals!



Marinated
**Boneless Beef
Chuck Short
Ribs**

Mau'i or Teriyaki Style

13⁹⁷
lb
30.80 kg



Farmhouse Poultry

**Whole Frying
Chicken**

All Sizes

It's Fresher
from Here!

3⁹⁷
lb
8.75 kg



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

Fresh **Rockfish Fillets**

1.47
100 g

Weather Permitting

WILD Pacific Cod Fillets

1.67
100 g

Frozen or Previously Frozen

Fresh Shucked Oysters
227 g

8.97 ea

Made Daily Instore **Wild Sockeye Salmon Burgers**
Tomato Asiago or Spinach Feta

2.47
100 g

Previously Frozen

Bacon Wrapped Scallop Skewers
130 g

5.97 ea

Previously Frozen

Earls Signature Clam Chowder
Heat & Serve Frozen, 550 ml

11.97 ea

Dutch Boy Pickled Herring
Assorted Varieties 250 g

5.97 ea

Aqua Star Cooked Shrimp
31-40 Shrimp per lb Frozen, 340 g

9.97 ea

Extra MEAT SAVINGS

Harvest Meats Smoked Side Bacon
Assorted Flavours 500 g

11.97 ea

GF

Mix and Match! **McSweeney Beef Jerky**
Assorted Flavours 70-80 g

2/\$12

GF

Lou's Kitchen Homestyle Entrées
Assorted Flavours 375-500 g

9.97 ea

Mix and Match! **Simply Poultry Chicken Swiss or Broccoli & Cheese**
Frozen, 284 g

2/\$9

Harvest Meats Wieners
All Beef or Regular 675 g

8.97 ea

GF

Grimm's Fine Foods Bavarian Smokies
or European Wieners Assorted Flavours 500-750 g

10.97 ea

GF

The Keg BBQ Pork Back Ribs
Fresh or Frozen 700 g

17.97 ea

Simply Poultry Breaded Chicken
Strips, Nuggets, Burgers Frozen, 800 g

8.97 ea



DELI

Thousands more
**Features & Volume Buy
deals in store!**

Look for them today at your favourite location.



Premium
**Black Forest
Ham**
or Honey Ham
or Old Fashioned Ham

267
100 g

Pair with...

Grimm's
Tortillas
Flour, Corn Flour or
Whole Wheat
600 g



3/\$10



Regular
or Garlic
Roast Beef
or Montreal
Smoked Beef

387
100 g



Grimm's
**Pepperoni
Bites**
Assorted Varieties
300-375 g

997
ea



Grimm's
**Sliced
Meats**
Assorted Varieties
175 g

597
ea



LILYDALE
Great Savings!

**Turkey
Breast**
Oven Roasted Plain,
Smoked or Sun
Dried Tomato

297
100 g

CHEESES from Around the WORLD



Canadian
**Boursin
Cheese**
Assorted Varieties
150 g

697
ea



Imported English
**Aged Havarti,
Aged Gouda**
or Assorted Cheddars
200 g

697
ea



Imported
**Danish
Fontina**
Random Cuts

497
100 g



Canadian
**Le Calendos
Camembert**
Brise du Matin or
Lactose Free Brie, 125 g

497
ea



Castello
**Blue
Wedges**
Assorted Varieties
125 g

497
ea



Fresh TO GO



Prepared In-House

Chinese Combo Meals

Assorted Varieties
480 g

9⁹⁷
ea



Homestyle Pork Egg Rolls

4 Pack
340 g

6⁹⁷
ea



Summer Fresh
Dips
Assorted Varieties
227 g

2/\$9



Napoli

12" Pizzas

Assorted Varieties
502-550 g

7⁹⁷
ea



Prepared In-House

Homestyle

Lasagna

Homestyle Classic Beef or
Whole Wheat Vegetarian
600-650 g

11⁹⁷
ea



Fresh SUSHI

Freshly Made
In-House Daily

Regular or Spicy Tempura Yam Sushi Rolls

10 piece

5⁹⁷
ea



Freshly Made
In-House Daily

Smoked Salmon Sushi Salad Roll

6⁹⁷
ea



MADE IN-HOUSE Fresh

Prepared Fresh
In-House Daily

Country Grocer Cantaloupe, Honeydew, Watermelon

Approx. 250 g

2⁹⁷
ea



Prepared Fresh
In-House Daily

Country Grocer Assorted Mixes

Approx. 300 g

- Asian
- Pizza
- Peppers
- Stir Fry



4⁹⁷
ea



Tre Stelle Shredded Cheese

170-200 g

4⁹⁷
ea



Tre Stelle Cream Cheese

200 g

4⁴⁷
ea



Tre Stelle Ricotta Cheese

475 g

5⁴⁷
ea



Tre Stelle Paneer Cheese

350 g

5⁹⁷
ea



Natural & ORGANIC



Terra Breads
Artisan Granola
800 g

13⁹⁷ ea



Bob's Red Mill
Assorted Products
All Varieties

25% OFF
AT CHECKOUTS



Guayaki
Yerba Mate
Organic
458 ml

2/\$5



Fernwood
Organic Coffee
454 g

12⁹⁷ ea



Daiya
Frozen Pizza
492-550 g

8⁹⁷ ea



Kind
Healthy Grains
or Breakfast Bars
4-5s

3⁷⁷ ea



Boomchickapop
Popcorn Snacks
136-198 g

4⁷⁷ ea



Que Pasa
Tortilla Chips
Organic
300-350 g

2/\$8



Love Crunch
Organic Granola
700 g

8⁹⁷ ea



Teja
Foods Since 1955



Teja
Basmati Rice
8 lb

7⁷⁷ ea



Teja
Naan Bread
340 g

2/\$5



Nature's Path
Organic Oatmeal
320-400 g

4⁷⁷ ea



Nature's Path
Frozen Waffles
Organic
210 g

3⁹⁷ ea



Vimal
Ready Meals
300 g

2/\$5



Teja
Spices
Assorted

30% OFF
AT CHECKOUTS



Vitamins & SUPPLEMENTS

Protein & Greens- Green feels good. Add extra greens and protein to your daily routine without skipping a beat. Each scoop is stacked with kale, alfalfa, broccoli and spinach, plus 20g of plant-based protein.



Vega Protein & Greens and Protein Made Simple



Protein Made Simple
258-271 g
16⁹⁷ ea

Proteins & Greens
609-618 g
33⁹⁷ ea

Vega



Canada

Probiotics Intensity- premium daily-care formula delivering 20 billion live, active CFU. Includes a diverse selection of 16 strains derived from human, plant, and dairy sources, while being soy-free. Contains gut lining-friendly, bovine-sourced colostrum. Refrigerated during manufacturing, shipping, and storage to ensure full viability of all probiotic strains. Every batch is validated in an ISO 17025-accredited laboratory using disintegration testing and CFU quantification.



All New Roots Probiotics

20% OFF
AT CHECKOUTS



Canada

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. Made for women by women.



Aeryon Wellness Products

20% OFF
AT CHECKOUTS



Canada

Founded in 2004 and a leader in the Canadian natural products industry. As North America's first certified organic producer of elderberry-based products, Suro offers a full range of physician-developed, Health Canada-approved formulations.



Suro Products

20% OFF
AT CHECKOUTS



Organic Traditions

20% OFF
AT CHECKOUTS



Canada



Webber Naturals
Vitamin C&D
Chewable
150+50 Tabs

12⁹⁷ ea



Canada



Webber Naturals
Lysine
500 mg
60 Caps

9⁹⁷ ea



Lakanto
Classic Monk Fruit
& Golden Monk Fruit
235 g

8⁹⁷ ea

Sugar substitute that's perfect for cookies, coffee, desserts, and other sweet, sugar-free treats. It tastes, bakes, and cooks like sugar.

Ener-C, Ener-D, Ener-B



14⁹⁷ ea



New!

Ener-B; An all-natural, sugar-free Vitamin B Complex Formula with added Vitamin C, plus added Electrolytes in a delicious hydrating fizzy drink mix.

All 8 B vitamins in optimal dosages. 5 additional vitamins and minerals to Support stress and energy levels in the body. Inositol and Choline, for metabolic function and for nervous system and brain function. Vitamin C for immunity and energy. Plus added electrolytes for optimal hydration.



Colleen
Front End
Cedar

GROCERY




Rice Works
Rice Snacks
155 g

2/\$7

GF



Snack Factory
Pretzel Crisps
200 g

or Drizzlers (155 g), \$5.97

4⁹⁷ ea



Old Dutch
Potato Chips
235 g

3⁷⁷ ea



Farming Karma
Fruit Soda
6x285 ml

8⁹⁷ ea



Miss Vickie's
Potato Chips
190-200 g

2/\$8⁵⁰



Blue Diamond
Natural Almonds
454 g

9⁹⁷ ea



Lindt
Classic Bars
100 g

2/\$7



Barbara's
Cheez Puffs
155-198 g

2⁹⁷ ea

GF

Coca-Cola



Coke & Assorted
Coca Cola Products
12x355 ml

6⁷⁷ ea



Coke & Assorted
Coca Cola Products
6x222 ml Mini Cans

4⁴⁷ ea



Body Armor
Sports Drinks
473 ml

3/\$5



Peace Tea
Iced Teas
695 ml

.97 ea

BURNBRAE™ FARMS • FERMES



Naturegg
Egg Whites
500 g

4⁴⁷ ea



Burnbrae
Nestlaid Eggs
1 Dozen

4⁹⁷ ea



Burnbrae
Egg Bites
336 g

5⁹⁷ ea



Burnbrae
Frozen Quiche
190 g

2/\$6



Chef Heidi's Recipe
Short Rib Ragu
 Find the recipe at countrygrocer.com



Bush's Best
Baked Beans
 398 ml

1⁷⁷
 ea



Sugar Twin
Sweetener Packets
 100s

3⁹⁷
 ea



Unico
Pasta
 900 g

2/\$5



SunRype
Juice Boxes
 5x200 ml

3/\$7



Cream of Wheat
Hot Cereal
 800 g

3⁹⁷
 ea



FATSO
Peanut Butter
 500 g

5⁹⁷
 ea



Tetley
Natural Tea
 144s

9⁹⁷
 ea



Hidden Valley
Ranch Dressing
 473 ml

2/\$7

Campbell's

Mmmm Mmmm Good!



Campbell's
Ready to Eat Soup
 515 ml

2/\$5



V8
Vegetable Cocktail
 1.89 L

3⁹⁷
 ea



Campbell's
Soups or Broth
 All Varieties
 284 ml

2/\$4



Pepperidge Farms
Goldfish Crackers
 167-227 g

2⁹⁷
 ea



Campbell's
Chunky Chili
 425 g

2/\$6



Pace
Picante Salsa
 or Thick N Chunky
 642-648 ml

2/\$9



Habitant
Pea Soup
 796 ml

2⁹⁷
 ea



Campbell's
Chunky Soup
 515 ml

2/\$6



SAN REMO

“Congratulations to Country Grocer on 40 years of serving Vancouver Island, we are proud to partner with such a great local company.” – San Remo



San Remo
Italian Tomatoes
398 ml

2/\$3



San Remo
Organic Beans
398 ml

2/\$4



San Remo
Pizza Sauce
398 ml

1.97
ea



San Remo
Black Olives
398 ml

2/\$4



San Remo
Extra Virgin Olive Oil
1 L

16.97
ea



San Remo
Grapeseed Oil
750 ml

8.97
ea



San Remo
Balsamic Vinegar
250 ml

3.47
ea



San Remo
Pesto Sauce
Organic, 190 g

3.97
ea



San Remo
Organic Soup
398 ml

2/\$5



Ellebi
Risotto
175 g

2/\$7



San Remo
Passata
Strained Tomatoes
720 ml

2.77
ea



Rummo
Brown Rice Pasta
400 g

3.97
ea



Hunt's
Pasta Sauce
Thick & Rich, 650 ml

2/\$5



Hunt's
Tomato Sauce
680 ml

2.77
ea



Pam
Oil Spray
113-170 g

5.47
ea



Orville Redenbacher
Popcorn Snacks
150-220 g

3.97
ea



VH
Cooking Sauces
341-355 ml

2/\$7



Orville Redenbacher
Microwave Popcorn
6s

5.97
ea



Snack Pack
Pudding Cups
4x99 g

3/\$5



NEW to Country Grocer!
PF Chang's
Cooking Sauces
350 ml

3.97
ea

island FARMs

“Thank you, Country Grocer, for 40 years of exceptional service to our communities, from all of us at Island Farms.”



Island Farms
Half & Half
10% Cream, 1 L
2⁹⁷ ea



Island Farms
Premium Ice Cream
or Frozen Yogurt, 1.65 L
5⁹⁷ ea



Island Farms
Sour Cream
500 ml
3⁴⁷ ea



Natrel
Organic Milk
2 L
5⁷⁷ ea



Island Farms
Cottage Cheese
500 g
3⁹⁷ ea



Natrel
Ice Cream
Lactose Free
473 ml
3⁷⁷ ea



Natrel
Coffee Creamer
1 L
4⁹⁷ ea

Kruger
Products



Purex
Bathroom Tissue
12 Double Roll=24
7⁹⁷ ea



Sponge Towels
Paper Towel
6 Roll
7⁹⁷ ea

CLOROX



Pine-Sol
Surface Cleaner
1.41 L
4⁹⁷ ea



Glad
Cling Wrap
30 M
1⁹⁷ ea



Chalet
Dinner Napkins
100s
2/\$5



Scotties
Facial Tissue
6 Pack
7⁹⁷ ea



Glad
Kitchen Catchers
26-48s
6⁹⁷ ea



Glad
Garbage Bags
24-40s
10⁹⁷ ea



Nellie's
Laundry Detergent
or Dishwasher Powder
100 Loads
21⁹⁷ ea



Liquid IV
Drink Mix
6s
10⁹⁷ ea



Dove
Men's Shampoo
or Conditioner
355 ml
6⁹⁷ ea



Tru Earth
Laundry Strips
64 Loads
19⁹⁷ ea



Dairy FRESH & FROZEN Foods



Clover Leaf
Shredded Feta
125 g

3⁴⁷
ea



Clover Leaf
Shredded Parmesan
or Feta in Brine
125-200 g

4⁹⁷
ea



Clover Leaf
100% Parmesan
250 g

6⁹⁷
ea



L'ancetre
Organic Cheese
200 g

20% OFF
AT CHECKOUTS



Hungryman
Entrée Bowls
397 g

4⁹⁷
ea



Grandma
Handmade Perogies
600 g

3⁹⁷
ea



Minute Maid
Fruit Punches
295 ml

4/\$5



Swanson
Meat Pies
200 g

2/\$4





Chapman's
Premium Ice Cream
Also Frozen Yogurt or Sorbet
2 L

5⁹⁷
ea



Chapman's
NSA Novelties
4-6s

5⁹⁷
ea



Chapman's
Lollies Novelties
28 Pack

5⁹⁷
ea



Chapman's
Super Cones
or Sandwiches
12-20s

5⁹⁷
ea





Cavendish
Premium Fries
or Onion Rings
400-750 g

3⁷⁷
ea



Cavendish
Hash Brown Patties
600 g

2/\$5



Cavendish
Hash Browns
800 g

2/\$7



Cavendish
Straight Cut Fries
or Crinkle Cut
800 g

2⁹⁷
ea

Bakery FRESH



**THIS
WEEK'S
HOT BUY**

English Bay Cookies

12 Pack
All Varieties



2/\$10

French Bread

454 g



1⁷⁷
ea

Croissants

6 Pack



*Made with
Real Butter!*

4⁹⁷
ea

Potato Buns

6 Pack



*Made with
Potato Flour*

2/\$5

Mini Profiteroles

12 Pack



*Drizzled with
Chocolate Ganache!*

2/\$10



Silver Hills
Bread
430-615 g

3⁹⁷
ea



Olivier's
**Sourdough
Bread**
400 g

4⁴⁷
ea

**TREATS
of the
WEEK**



*Filled with Fresh
Island Farms Whipping Cream!*

Filled Croissants

2 Pack

5⁹⁷
ea



Dempster's
**Whole Wheat & White
Breads and 10" Tortillas**
570-675 g
10s

Mix & Match!

3/\$10

NEW!



Sugarplum Cheesecakes

9"
Assorted Varieties

26⁹⁷
ea



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!

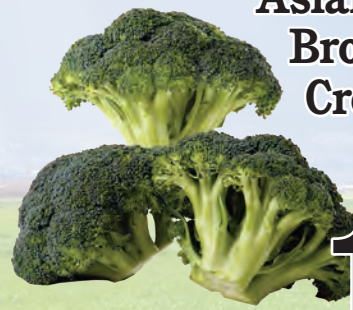


U.S. Grown
Large Cantaloupes



1.97
ea

California
Asian Cut Broccoli Crowns



1.97
lb
4.34 kg



New Crop

Washington
White Nugget Potatoes



.97
lb
2.14 kg



Vancouver Island Grown
Perfectly Edible Russet Potatoes



Big 10 lb Bags

4.97
ea



Seedless

California
Extra Large Green Grapes



2.97
lb
6.55 kg

Washington
Jumbo Sweet Onions



1.97
lb
4.34 kg

California/Mexico
Lemon & Limes



.77
ea



Vancouver Island Grown
Zucchini Squash



1.97
lb
4.34 kg



Seedless

B.C. Grown
Sweet Mini Red Peppers



8 oz Bags

1.97
ea



Alberta Grown
Living Lettuce

Trio Lettuce, Romaine, Green Leaf, Red Leaf



2.97
ea



B.C. Produced
Extra Firm Tofu

350 g Package



2.97
ea

New Crop

Egypt
Large Mangoes



2.97
ea



B.C. Grown
Mini Cucumbers

1 lb Bags



2.97
ea



Fresh
Certified

ORGANIC PRODUCE



40 YEARS



ORGANIC
B.C. Grown
McIntosh Apples
3 lb Bags

4⁹⁷
ea



ORGANIC U.S.
Keitt Mangoes

3⁹⁷
ea



ORGANIC U.S.
Bunched Broccoli

3⁹⁷
lb
8.75 kg



ORGANIC Mexico
Rainbow Cherry Tomatoes
1 Pint Clamshell

4⁹⁷
ea



ORGANIC Mexico
Cantaloupe or Mini Watermelons

3⁹⁷
ea



ORGANIC B.C. Grown
Russet Potatoes
5 lb Bags

6⁹⁷
ea



ORGANIC U.S.
Cilantro Bunches

1⁹⁷
ea
BUNCH

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.cpm.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



New for 2024



Winter Tropics Waxed Amaryllis

29⁹⁷
ea



Phalaenopsis Orchids
4 inch

14⁹⁷
ea



African Violets
4 inch

3⁹⁷
ea



Nature's Bounty Bouquet

12⁹⁷
ea



Colours of Eurosa Bouquet

32⁹⁷
ea



Natural Artistry Bouquet

19⁹⁷
ea

You'll feel like family.



Vancouver Island Owned
& Operated Since 1984



Mott's
**Clamato
Juice**
1.89 L

2/\$7



Tropicana
**Orange
Juice**
Premium, 2.63 L

747
ea



Hellmann's
**Real
Mayonnaise**
710-890 ml

597
ea



Nature's Path
**Eco Pac
Cereal**
Organic, 650-907 g

797
ea



Fancy Feast
**Cat
Food**
85 g

10/\$10



Christie
Cookies
251-303 g

297
ea



Remedy
**No Sugar
Kombucha**
Selected
4x330 ml

497
ea

While Stocks Last



Schneiders
**Juicy
Jumbos**
All Beef
375 g

297
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

Extra 649

Lotto Centre at all locations
(Except Salt Spring)

GF

Look for our
Gluten Free
Savings!

Proud Member Of

CANADIAN FEDERATION OF
INDEPENDENT GROCERS
FEDERATION CANADIENNE
DES EPICIERES INDEPENDANTS