



Simple Goodness.

# Weekly SPECIALS



Local

**SUPER Saver**

Save **38% OFF** REGULAR PRICE

**FRESH BC BONELESS SKINLESS CHICKEN BREASTS** family pack 14.97/kg

**6.79** lb



**SUPER Saver**

Save **39% OFF** REGULAR PRICE

**FRESH BONELESS PORK SIRLOIN ROAST or CHOPS** family pack 8.80/kg

**3.99** lb



**SUPER Saver**

Save **28% OFF** REGULAR PRICE

CUT FROM WESTERN CANADIAN **FRESH CERTIFIED AAA ANGUS BEEF STRIP LOIN ROAST or STEAKS** family pack 39.66/kg • aged minimum 21 days

**17.99** lb



1.5 lb

**SUPER Saver**

**AUSTRALIA FRESH JUICY GEM MANDARINS** 680g

**4.99** ea



**SUPER Saver**

**MEXICO FRESH HASS AVOCADOS**

**1.99** ea



Local

**SUPER Saver**

**DAIRYLAND BUTTER** 454g

**5.99** ea



**SUPER Saver**

**PHILADELPHIA CREAM CHEESE** 250g - 227g • selected

**3.49** ea



**SUPER Saver**

**HEALTHY CHOICE POWER BOWLS** simply steamers or zero 259g - 283g

**4.99** ea

FRIDAY, NOVEMBER 22 - THURSDAY, NOVEMBER 28



Local

SUPER Saver

**FRESH BC CHICKEN LEGS**

back attached • family pack 6.37/kg

**2.89** lb



**Fresh Pork Side Ribs**  
no breast bone attached  
family pack 9.46/kg

**4.29** lb



**GRIMM'S Sizzlin' Wieners or Smokies** 450 g  
gluten free

**7.49** ea



**MAPLE LODGE FARMS Chicken Bacon Style** 375 g

**5.49** ea



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

**5.49** lb



**CUT FROM WESTERN CANADIAN Fresh AAA Certified Angus Beef® for Stew** 24.23/kg  
aged minimum 21 days

**10.99** lb



**SIWIN Potstickers or Dumplings** 454 g - 500 g

**6.49** ea



**MAPLE LEAF Pork Tenderloin**  
rotisserie chicken legs or natural pulled pork  
400 g - 600 g

**11.99** ea



**GREENFIELD NATURAL MEAT CO. Bacon** 375 g

**8.49** ea



**Fresh Sole Fillets**  
weather permitting

**1.99** /100g



**OCEAN WISE Wild Pacific Sockeye Salmon Fillets**  
previously frozen

**3.79** /100g



**SCHNEIDERS Salsa Salami**

**3.99** /100g



**SCHNEIDERS Chicken Bites or Tenders** 600 g

**10.99** ea



**OCEAN WISE Wild BC Sockeye Salmon Lox**  
Trim previously frozen

**5.49** /100g



**Handmade Sockeye Salmon Burgers**  
or prawn/cod 113 g

**3.50** per burger



**I CAN'T BELIEVE IT'S NOT BUTTER! ORIGINAL SPREAD**  
427 g

**2/\$5**



**DAIRYLAND Sour Cream** 250 mL

**2.19** ea



**DANONE ACTIVIA Active Probiotics Yogurt** 100 g

**4.99** 8 pk



**MILK2GO SPORT PRO High Protein Milk Shake** 473 mL  
plus deposit & recycle fee

**3.59** ea



**DAIRYLAND Cottage Cheese** 750 g

**6.99** ea



**OLYMPIC Organic Yogurt** 1.75 kg

**11.99** ea



**OLYMPIC Crema Yogurt** 1.75 kg

**12.49** ea



**CHAPMAN'S No Sugar Added or Super Frozen Novelties**  
or lil sammich 4's - 20's

**6.59** ea



**CHAPMAN'S Yukon or Li'l Lolly Frozen Novelties**  
5's - 28's

**5.99** ea



**TRE STELLE LACTOSE FREE FETA** 475 g

**4.99** ea

# COZY SAVINGS

## ON FROZEN COMFORTS

Local

MR. COOPER'S  
LOCALLY HANDMADE  
SAVOURY PIES

frozen

SINGLE PIE 250 g

**5.99** ea

LARGE PIES 1 kg or  
250 g 4-packs

**22.99** ea



KELLOGG'S  
Eggo Thick & Fluffy Waffles  
belgian style 6's **3.79** ea



LITTLE NORTHERN  
BAKEHOUSE  
Plant-Based  
Loaves 454 g - 567 g **6.99** ea  
frozen • gluten free



PRIME PLANTS  
Plant-Based  
Shareables  
or burgers 226 g - 306 g **7.99** ea



PASTA TAVOLA  
Ravioli  
400 g **10.99** ea



MICHELINA'S  
Grande 1Lb  
Meals 454 g **3.69** ea



HIGH LINER  
Signature Cuts  
Fish Fillets  
or pan-sear selects  
425 g - 540 g **16.99** ea



CHEEMO  
Perogies  
815 g - 907 g **3.49** ea



BOSTON MARKET  
Home Style  
Meals 369 g - 397 g **5.99** ea



MOTT'S  
CLAMATO  
1.89 L plus deposit & recycle fee

**3.89** ea

SUPER  
Saver



FRANK'S  
RedHot Sauce  
354 mL **4.99** ea



McCLURE'S  
Pickles 750 mL **5.69** ea



MOLSON  
EXEL Lager  
Non Alcoholic  
Beer 355 mL  
plus deposit & recycle fee **4.99** 6 pk



BLUE DIAMOND  
Almonds 170 g **6.29** ea



HERDEZ  
Salsa 431 mL **2.99** ea



TOSTITOS  
Tortilla Chips  
205 g - 300 g **2/\$8**



PEPSI  
Soft Drinks  
schweppes, 7up, dr. pepper,  
crush, mug or lipton brisk  
355 mL plus deposit & recycle fee **7.69** 12 pk



MR. NOODLES  
Instant Noodles  
85 g **49¢** ea



CHEEZ-IT  
BAKED SNACK  
CRACKERS  
191 g - 293 g • selected

SUPER  
Saver

**2/\$6**

Kraft  
PRESENTS  
Pinterest  
to Plate

IMPRESS WITHOUT THE STRESS



Pinterest  
2024 Trend



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Our Recipes  
@KraftHeinz



Philadelphia  
Dips 227 g

**2/\$7**

Any Variety



Crave  
Selected  
Frozen Entrées  
300 g - 340 g

**\$5.69**  
Each



Heinz  
Ketchup  
1.5 L

**\$7.99**  
Each



KD Cups  
58 g

**\$1.99**  
Each/  
Any Variety



HP Sauce  
Original 400 mL

**\$4.99**  
Each



MiO, Tang, Kool-Aid,  
Crystal Light  
& Country Time  
Liquid Drink Mix 48 mL

**\$3.89**  
Each/  
Any Variety



VH  
Marinade or  
Dipping Sauces  
341 mL • selected **3.99** ea



BEN'S ORIGINAL  
Organic Jasmine  
or Basmati Rice  
240 g **3.99** ea



DECECCO  
PENNE RIGATE  
spaghetti, fusilli or farfalle 454 g

**2.99** ea



MEZZETTA FAMILY CO.  
Pasta Sauce  
709 mL **5.99** ea



PETRELLI  
Extra Virgin  
Olive Oil  
500 mL

**8.99** ea



LOXTON  
De-Alcoholized  
Wines 750 mL  
plus deposit & recycle fee **8.59** ea



JESSE TREE FINE FOODS  
Beans, Chick Peas  
or Lentils 370 mL **2/\$4**



IMAGINE  
Organic Broth  
1 L • selected **4.99** ea



CLUB HOUSE  
La Grille  
Marinades 350 mL **3.99** ea



GLACEAU  
VITAMIN  
WATER 591 mL  
plus deposit & recycle fee

**2/4.50**



POPTASTIC  
Kettle Cooked  
Popcorn 130 g  
gluten free **4.29** ea



BARE  
Baked Crunchy  
Snacks 77 g - 96 g **5.79** ea



POWERADE  
Sports Drinks  
710 mL plus deposit &  
recycle fee

**2/\$4**



THINK!  
High Protein  
Bars 60 g **3.99** ea



DEMPSTER'S  
Signature Bread  
600 g • selected **3.99** ea



BORN 3  
Omega-3 Large  
White Eggs 12's **5.49** ea



QUAKER  
Instant  
Oatmeal  
Flavour  
Variety  
family size 18's **6.99** ea



TETLEY  
Orange Pekoe  
Tea 72's **6.49** ea



ROGERS  
Five Grain  
Granola 650 g - 750 g **5.99** ea



ROBIN HOOD  
Large Flake or  
Quick Oats 1 kg **4.49** ea



VAN HOUTTE  
K-Cup Coffee  
or Laura Secord hot  
chocolate 12's **11.99** ea



NESCAFÉ GOLD  
Instant Coffee  
100 g **9.99** ea



GOGO SQUEEZ  
Fruit Sauce  
Pouches 4's **3.99** ea



DOLE  
Mandarin  
Oranges  
or pineapple chunks  
in light syrup 540 mL **4.49** ea



SUNRYPE  
Fruit To Go  
14 g • gluten free • vegan **39¢** ea



WALKERS  
Oat Crackers  
280 g or chocolate chip  
shortbread 125 g **4.99** ea

celebrate  
world kindness day

**2/\$4**  
40 g bars





**ZIPLOC  
FREEZER BAGS**  
14's - 19's

**3.99** ea

**Super Saver**



**PUREX Bathroom Tissue**  
8's - 12's or scotties  
facial tissue 81's - 126's  
or sponge towels 3's - 6's

**8.99** ea



**ASPEN CLEAN  
All Purpose  
or Kitchen  
Cleaner**  
650 mL

**5.69** ea



**CHEF ELITE  
Silicone  
Parchment  
Paper Liner**  
for air fryer 20's

**2.19** ea



**PURINA BEYOND  
Food for Cats**  
1.36 kg

**16.99** ea



**CAMINO  
Organic Cocoa  
Powder** 224g or  
chocolate chips 225g  
fairtrade • gluten free

**7.49** ea



**FARMER'S MARKET  
Organic  
Pumpkin  
Puree** 398mL

**3.99** ea

**NON  
GMO  
Project  
VERIFIED**



**ROGERS  
All Purpose or  
Whole Wheat  
Flour** 10 kg

**14.49** ea

**Local**



**ALCAN  
Aluminum Foil**  
classic 11.8" x 50 ft

**3.89** ea



**MARC ANGELO  
SLICED MEATS**  
100g

**8.99** ea

**Super Saver**



**CHEESE STICKS**  
baked fresh in-store  
single 80g 99¢ ea or

**5.49** pk

**Local**

**Super Saver**



**FREYBE  
MINI POWER  
STICK** 175g  
gluten free

**6.99** ea

**Super Saver**

**Local**



**100% WHOLE WHEAT  
or SESAME SEED WHITE  
BREAD** baked fresh in-store 450g

**2.29** ea

**Local**



**FREYBE  
Gourmet Pate**  
200g

**5.99** ea

**Local**



**KRINOS  
Stuffed Green  
Olives** or founder's  
blend 250 mL

**7.29** ea



**8" GALETTE  
APPLE PIE** 540g  
or also available  
8" galette blueberry pie  
640g for \$14.49 ea

**13.99** ea

**Local**



**TRE STELLE  
Feta in Oil**  
100g

**4.99** ea



**BELLA CASARA  
Burrata** 250g

**14.99** ea

**ALEXIS DE PORTNEUF  
BRIE D'ALEXIS  
or CAMEMBERT  
DE PORTNEUF**  
double cream 300g

**Super Saver**

**12.99** ea



**POINSETTIA**  
4" pot

**5.99** ea

**CLASSIC  
LARGE  
BOUQUET**

**21.99** ea





PERU  
**FRESH RED SEEDLESS GRAPES** 8.80/kg

**3.99** lb



COSTA RICA  
**FRESH PINEAPPLE**

**5.49** ea



NEW ZEALAND  
**FRESH KIWI FRUIT**

**1.19** ea



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

**2.49** ea



CANADA/IMPORTED  
**FRESH TOMATOES**  
 on the vine 5.49/kg

**2.49** lb



CANADA  
**FRESH KALETTES**

**3.99** ea



BC FRESH RUSSET  
**POTATOES** 2.27 kg

**4.99** ea

**WE PUT QUALITY FIRST**

We sell the Premium #1 Yam • First choice in grade B size.



CALIFORNIA  
**FRESH ORGANIC YAMS** 5.49/kg

**2.49** lb



MEXICO  
**FRESH ORGANIC HASS AVOCADOS**

**5.99** 3 pk



BC FRESH ORGANIC  
**SQUASH** 4.39/kg

**1.99** 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](http://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](http://WWW.IGASTORESBC.COM)