



Vancouver Island Owned  
& Operated Since 1984



Get Ready  
for the  
Grey Cup  
Party!



Great for  
Guacamole Dip

Mexico  
**Avocados**  
4 Count Bags

**2<sup>97</sup>**  
ea



Kettle  
**Potato  
Chips**

198 g

**2/\$6**



Pepsi & Assorted  
**Pepsi  
Products**

6x710 ml

**3<sup>97</sup>**  
ea



Classico  
**Pasta  
Sauce**  
218-650 ml

**2<sup>97</sup>**  
ea

LIMIT 6 Total



Kraft  
**Peanut  
Butter**  
1 kg

**5<sup>77</sup>**  
ea

LIMIT 2 Total



Rogers  
**Flour**  
10 kg

**9<sup>97</sup>**  
ea



Imperial  
**Margarine**  
1.27-1.36 kg

**6<sup>47</sup>**  
ea



Farmhouse Poultry  
**Chicken  
Breasts**  
All Sizes

**5<sup>97</sup>**  
lb  
13.16 kg

It's Fresher from Here!



Stash  
**Natural  
Tea**  
18-20s

**3<sup>77</sup>**  
ea



In Our Bakery  
**Sourdough  
Bread**  
600 g

**3<sup>97</sup>**  
ea

In Store Made



In Our Deli  
**Garlic  
Sausage  
Link**  
400 g

**5<sup>97</sup>**  
ea

Volume  
Buy!



[www.countrygrocer.com](http://www.countrygrocer.com)





# Butcher's BEST



Cut from Canada AA Beef  
**Prime Rib  
Grilling  
Steaks**

All Sizes

**14<sup>97</sup>**  
lb  
33.00 kg



Fresh Canadian  
**Whole Pork Side  
Spareribs**

Family Packs

**2<sup>97</sup>**  
lb  
6.55 kg



Fresh Lilydale  
**Chicken  
Thighs**

All Sizes

**3<sup>97</sup>**  
lb  
8.75 kg

Canadian Farm Raised  
Grain-Fed



Cut From Canada AA Beef

**Ribeye  
Grilling  
Steaks**

All Sizes

**19<sup>97</sup>**  
lb  
44.03 kg



Fresh Canadian

**Lean Ground  
Pork**

All Sizes

**4<sup>47</sup>**  
lb  
9.85 kg

Buy BC and Support **LOCAL FARMERS**



Hertel's  
**Smoked  
Cottage  
Rolls**

Boneless

**8<sup>97</sup>**  
lb  
19.78 kg

Cured and Naturally  
Smoked Pork Shoulder



Hertel's Meats  
**Fresh  
Sausage**

400 g

**6<sup>97</sup>**  
ea

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

50¢  
FROM EACH  
PURCHASE  
DONATED

## Butcher's CHOICE



Easy Meals

**Meatloaf  
Mix**

Made In-House  
Oven Ready  
908 g

**9<sup>97</sup>**  
ea



Easy Meals

Marinated  
**Beef or  
Chicken  
Kabobs**

Min 140 g  
Assorted Flavours

**4<sup>97</sup>**  
ea



Farmhouse Poultry  
**Chicken  
Legs**

All Sizes

**2<sup>97</sup>**  
lb  
6.55 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



*Fresh* **Steelhead Fillets**  
Farmed



**347**  
100 g



**Ahi Tuna Steaks**  
152-170 g each

**4<sup>97</sup>**  
ea

Frozen



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

**9<sup>97</sup>**  
ea



Wild Smoked  
**Salmon BBQ Tips**  
Regular or Peppered

Previously Frozen

**2<sup>97</sup>**  
100 g



WILD  
**Raw Argentina Prawns**  
21-25 Prawns per lb

Previously Frozen

**3<sup>97</sup>**  
100 g



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

**9<sup>97</sup>**  
ea

## Extra MEAT SAVINGS



Grimm's Fine Foods  
**Classic Sausage Rings**  
Assorted Flavours

300 g **6<sup>47</sup>**  
ea



Harvest Meats  
**Smoked Side Bacon**  
Assorted Varieties  
500 g



**11<sup>97</sup>**  
ea



*Mix and Match!*  
**Pot Stickers or Dumplings**  
Chicken or Pork w/vegetables  
454-500 g  
Frozen

**2/\$12**



Prime  
**Breaded Chicken**  
Dino Nuggets, Strips, Burgers or Cords  
Frozen, 568-700 g

**50¢**  
FROM EACH PURCHASE  
DONATED

**9<sup>97</sup>**  
ea



Grimm's Fine Foods  
**Pepperoni**  
Assorted Varieties  
450 g



**7<sup>97</sup>**  
ea



The Keg  
**BBQ Pork Back Ribs**  
Fresh or Frozen  
700 g

**15<sup>97</sup>**  
ea



The Keg  
**Prime Rib Burger**  
Frozen  
908 g-1.02 kg



**19<sup>97</sup>**  
ea



Maple Lodge Farms  
**Chicken Wings**  
BBQ, Honey Garlic and Spicy Buffalo  
Frozen, 908 g

**50¢**  
FROM EACH PURCHASE  
DONATED

**17<sup>97</sup>**  
ea





# DELI

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



## Black Forest or Honey Ham



**1.97**  
 100 g



Fat Free  
**Turkey  
 Breast**  
 or Oven Roasted  
 Turkey

**2.97**  
 100 g



**Sliced  
 Salami, Dry  
 Pepperoni  
 & more**

Assorted Varieties  
 100-200 g

**6.97**  
 ea



Freybe  
**Sliced  
 Meats**

Assorted Varieties  
 175 g

*Volume Buy!*

**4.97**  
 ea

*Cooked to Perfection  
 in our Deli Kitchens*



Our Own  
**Oven  
 Roast  
 Beef**  
 Plain or Garlic

**4.47**  
 100 g

## CHEESES *from Around the* WORLD



Canadian  
**Cheese  
 Slices**  
 Assorted Varieties  
 125-165 g

**2/\$10**  
*Great Price!*



Canadian  
**Havarti**  
 Assorted Varieties  
 170-200 g

**2/\$10**



*New!*

Imported Dutch  
**Cheddar  
 & Edam**

Random Cuts



Imported Switzerland  
**Gruyere**  
 Random Cuts

**5.47**  
 100 g



*Volume  
 Buy!*  
 Canadian  
**Cow  
 Feta**  
 Random Cuts

**1.77**  
 100 g



**2.47**  
 100 g





# Fresh TO GO



Great for Grey Cup!

Prepared In-House

## Snack Platters

Pepperoni & Cheese or Garlic Sausage & Cheese



**16<sup>97</sup>** ea



V.I. Made!

## Spinach, Corn or Onion Dip

227 g

**4<sup>97</sup>** ea



Prepared In-House

## Summer Fresh Hummus

Assorted Varieties 255 g

**2/\$11**



Yucatan

## Guacamole

Mild, Authentic or Zesty 227 g

**5<sup>97</sup>** ea



Prepared In-House

## Indian Meals

Made with Sutra Sauces from Port Alberni BC! Assorted Varieties 450 g

**7<sup>97</sup>** ea



Great Price!

## Fresh SUSHI

Freshly Made In-House Daily

## Dynamite Sushi Rolls

Regular or Spicy 6 Piece

**7<sup>47</sup>** ea



Freshly Made In-House Daily

## Tofino Smoked Salmon Sushi Rolls

8 Piece

**9<sup>97</sup>** ea



## MADE IN-HOUSE Fresh

Prepared Fresh In-House Daily

## Country Grocer Fruit Platter

Approx 1.2 kg

**15<sup>97</sup>** ea



or Veggie Platter Approx 1.7 kg (\$17.97)

Made Fresh In-House Daily

## Fresh Guacamole or Salsa

Approx 300 g

**3<sup>97</sup>** ea



## BULK Foods

Baking

## Walnuts

Crumbs & Pieces or Halves

**1<sup>97</sup>** 100 g



Baking

## Almonds

Sliced, Slivered, Blanched, Ground, Whole

**1<sup>97</sup>** 100 g



Country Grocer

## Pitted Dates

250 g

**2/\$5**



Country Grocer

## Pecans

Halves or Pieces 100 g

**4<sup>77</sup>** ea







# Natural & ORGANIC



Made Good  
**Organic Granola Bars**

Also Breakfast Bars  
Or Cookies  
5s

**3<sup>77</sup>**  
ea



Neal Brothers  
**Organic Corn Chips**

276 g

**4<sup>97</sup>**  
ea



Love Crunch  
**Organic Granola**

325 g

**4<sup>97</sup>**  
ea



Phillips iOTA  
**Non-Alcoholic Beer**

4x355 ml

**6<sup>47</sup>**  
ea

Yogi  
**Organic Tea**  
16s

**4<sup>97</sup>**  
ea

One Coffee  
**Coffee Pods**  
Organic  
12s

**6<sup>97</sup>**  
ea

Chosen Foods  
**Avocado Oil Spray**  
383 g

**8<sup>97</sup>**  
ea

Everland  
**Coconut Oil**  
Organic  
500 ml

**6<sup>47</sup>**  
ea

Nature's Path  
**Organic Oatmeal**  
228-400 g

**4<sup>77</sup>**  
ea

Nuts To You  
**Sesame Tahini**  
Organic  
500 g

**6<sup>97</sup>**  
ea

50¢ FROM EACH PURCHASE DONATED

Camino  
**Cocoa Powder**  
Organic  
224 g

**7<sup>77</sup>**  
ea

Country Grocer  
**Organic Flour**  
2 kg

**9<sup>97</sup>**  
ea





# Vitamins & SUPPLEMENTS



Providing effective and easy-to-use herbal products that empower people on their path to wellness. In alignment with our core values, we continuously strive to nurture the connection between people and planet.



## Harmonic Arts Tincture Blends, Syrups & Teas

**20% OFF**  
AT CHECKOUTS



Ranking among North America's industry leaders for innovative, evidence-based natural health products. Industry-leading, ISO 17025-accredited analytical laboratory assures the quality, identity, and potency of every single product, while a team of naturopathic practitioners and doctors work closely together to combine the best science and nature has to offer.



## New Roots Vitamin C Products

**20% OFF**  
AT CHECKOUTS

Combining the natural power of real honey with menthol and eucalyptus for fast and effective soothing relief of cough, sore throat, and congestion.

## Honibe Lozenges



**5<sup>47</sup>**  
ea

Honibe

## Sisu Cal/Mag 2:1 180 Tabs



**29<sup>97</sup>**  
ea

Sisu



## A Vogel Prostate 1 60 Tabs

**51<sup>97</sup>**  
ea

A Vogel



Lion's Mane- Source of fungal polysaccharides with immunomodulating properties. Provides antioxidants that help protect cell damage caused by free radicals.



## Omega Alpha Single Mushroom Extracts

**20% OFF**  
AT CHECKOUTS



For over 35 years, our family has been driven by cultivating and extracting the finest quality herbs available, so that you can feel the difference of well-made plant medicine.



## St Francis Cold and Flu Products

**20% OFF**  
AT CHECKOUTS



Glutamine comes from a fermentation process of beets. Beets are fermented with probiotic cultures, which means a 100% vegan fermented L-Glutamine. BCAA's- 100% pure Branch Chain Amino Acids. zero fillers. mixes easily.



## NCN and PVL Glutamine & BCAA Products

**20% OFF**  
AT CHECKOUTS



Reduces inflammation of the respiratory system. Provides immune support. Replenishes glutathione. Cardiovascular health.



## Prairie Naturals NAC 1000

**26<sup>97</sup>**  
ea



## Prairie Naturals Vitamin D 15 ml



**9<sup>97</sup>**  
ea



## Prairie Naturals B12 1000 mcg 90+90 Tabs



**24<sup>97</sup>**  
ea

Supports the liver and a better morning by speeding up the removal of acetaldehyde, a by-product of alcohol, from the liver. For best result, take with first alcoholic beverage.



## Party Smart

1 Cap  
**2/\$5**  
Box of 10  
**24<sup>97</sup>**  
ea





Trevor  
Meat Manager  
Bowen

# GROCERY



## GREY CUP *Snacking*



Ruffles  
Potato  
Chips  
180-200 g

2/\$8.50



Coke & Assorted  
Coca Cola  
Products  
2L

2/\$5.50



Miss Vickies  
Potato  
Chips  
190-200 g

2/\$8



Pepsi & Assorted  
Pepsi  
Products  
or Montellier Water  
1L

4/\$5



Old Dutch  
Corn  
Chips  
285 g

3.77  
ea



Pringles  
Potato  
Chips  
148-156 g

2/\$6



Old Dutch  
Cheese  
Pleezers  
Also Crunchys or Puffcorn  
265-290 g

3.77  
ea



Humpty Dumpty  
Party  
Mix  
250 g

3.97  
ea



Crispers  
Snack  
Crackers  
145 g

2.77  
ea



Cheez-It  
Snack  
Crackers  
191-200 g

2.77  
ea



Planters  
Cashew  
Halves  
200 g

3.97  
ea



Kellogg's  
Holiday  
Rice  
Krispies  
340 g

3.97  
ea



Aquafina  
Spring  
Water  
1L

4/\$5



Monster  
Energy  
Drinks  
444-473 ml

2/\$5



Peace Tea  
Iced  
Tea  
or Nestea  
12x341 ml

7.97  
ea





# Help Fill a Dream

## HERE'S HOW YOU CAN HELP FILL ISLAND KIDS' DREAMS

Inspiring hope, health and happiness for Vancouver Island and Salt Spring Island children under the age of 19 with life-threatening conditions by **fulfilling their dreams, improving their quality of life and assisting their families with care and financial support.**



**ISLAND GROWN**  
*Help Fill a Dream*  
**Fall Bouquet**  
Available Nov. 15-28

**\$3**  
FROM EACH PURCHASE  
**DONATED**

*Help Fill a Dream*  
**Winter Bouquet**  
Available Nov. 29-Dec. 12



**ISLAND GROWN**  
**Christmas Tree**  
5-7 ft

**\$2**  
FROM EACH PURCHASE  
**DONATED**



**PURCHASE  
ONE OF OUR  
PARTICIPATING  
PRODUCTS**

Nov. 15 to Dec. 12, 2024

and our suppliers will make a donation  
to Help Fill a Dream Foundation



**\$2 PAPER TOKEN**  
Available  
at our Tills

**\$2**  
FROM EACH PURCHASE  
**DONATED**



**SCAN QR CODE**  
For a One Time  
Donation



**TURN PAGE FOR  
MORE!**





**WHAT THE FLOUR**  
All Varieties  
413-900 g

[wtflour.com](http://wtflour.com)

*What the Flour*



**50¢**  
FROM EACH PURCHASE  
DONATED



**WESCANAFOODS**

Organic Oats  
1 kg

[wescanafoods.com](http://wescanafoods.com)



**50¢**  
FROM EACH PURCHASE  
DONATED

**TEJA**  
All Products

[tejaworldfoods.com](http://tejaworldfoods.com)



**50¢**  
FROM EACH PURCHASE  
DONATED

**SAPUTO**  
Shredded Cheese  
450-500 g  
Armstrong Cheese  
600 g

[saputo.ca](http://saputo.ca)



**50¢**  
FROM EACH PURCHASE  
DONATED

**DAIYA**  
Dairy Free  
Cheese Slices

[daiyafoods.com](http://daiyafoods.com)

**daiya**  
*deliciously dairy-free™*



**50¢**  
FROM EACH PURCHASE  
DONATED



**COCA-COLA**  
Bodyarmor  
473 ml

[drinkbodyarmor.ca](http://drinkbodyarmor.ca)

*Coca-Cola*

**50¢**  
FROM EACH PURCHASE  
DONATED



**OLD DUTCH**  
Chips  
235 g

[olddutchfoods.ca](http://olddutchfoods.ca)

*Old Dutch*

**50¢**  
FROM EACH PURCHASE  
DONATED



**NUTS TO YOU**  
Organic Fair Trade  
Sesame Tahini  
500 g

[nutstoyou.ca](http://nutstoyou.ca)



**50¢**  
FROM EACH PURCHASE  
DONATED



**gardein.**

**GARDEIN**  
All Products

[gardein.com](http://gardein.com)

**50¢**  
FROM EACH PURCHASE  
DONATED



*Hertel's*  
COUNTRY FRESH. NATURALLY THE BEST.

**HERTEL MEATS**  
Fresh Sausages  
400 g

[hertelmeats.ca](http://hertelmeats.ca)

**50¢**  
FROM EACH PURCHASE  
DONATED

**RW KNUDSEN**  
Just Juices  
32 fl oz

[rwknudsen.com](http://rwknudsen.com)



**50¢**  
FROM EACH PURCHASE  
DONATED

**ANGIE'S**  
SIMPLY DELICIOUSLY GOOD

**ANGIE'S**  
Boom Chicka  
Pop  
136-198 g

[boomchickapop.com](http://boomchickapop.com)



**50¢**  
FROM EACH PURCHASE  
DONATED



**KIND**  
Granola Bars  
5x40 g

kindsnacks.com



**50¢**  
FROM EACH PURCHASE  
DONATED

**GUAYAKI**  
Yerba Mate  
458 ml

guayaki.com



**GUAYAKÍ**  
YERBA MATE



**50¢**  
FROM EACH PURCHASE  
DONATED



**CROSBY'S**  
Fancy Molasses  
675 g

crosbys.com



**50¢**  
FROM EACH PURCHASE  
DONATED



**glutino**  
FOREVER GLUTEN FREE  
TOUJOURS SANS GLUTEN

**GLUTINO**  
All Products

glutino.com

**50¢**  
FROM EACH PURCHASE  
DONATED



**iÖGO**  
Nano Yogurt  
Drinks  
6x93 ml

iogo.ca

**iÖGO**



**50¢**  
FROM EACH PURCHASE  
DONATED

**EARTH BALANCE**  
Traditional Spread  
368-425 g

earthbalancenatural.com

earth  
balance



**50¢**  
FROM EACH PURCHASE  
DONATED

**SunRype**



**SUNRYPE**  
Apple Juice  
1L

sunrype.ca

**50¢**  
FROM EACH PURCHASE  
DONATED

ESTD 1896  
**NABOB**  
COFFEE CO.

**NABOB**  
Coffee  
340 g

kraftheinz.com



**50¢**  
FROM EACH PURCHASE  
DONATED

**STAGG**  
CHILI

**STAGG**  
Chili  
425 g

staggchili.ca



**50¢**  
FROM EACH PURCHASE  
DONATED

**SANTA CRUZ**  
organic

**SANTA CRUZ**  
ORGANIC  
Lemon &  
Lime Juice  
473 ml

santacruzorganic.com



**50¢**  
FROM EACH PURCHASE  
DONATED



**KD**  
Deluxe  
340 g

**CRAVE**

**CRAVE**  
200-320 g

kraftheinz.com

**50¢**  
FROM EACH PURCHASE  
DONATED



**HABIBI'S**  
Hummus  
500 g

habibiorganics.com



**50¢**  
FROM EACH PURCHASE  
DONATED



**NAKED & SAUCY**

**NAKED & SAUCY**  
Cooking  
Sauces  
296 ml

nakedandsaucy.com



**50¢**  
FROM EACH PURCHASE  
DONATED

Help  
Fill a  
Dream



**MADISON**

4 YEARS OLD  
Hepatoblastoma

**DREAM**  
DISNEYLAND





**DANONE**  
Activia Yogurt  
650 g  
[danone.ca](http://danone.ca)



**50¢**  
FROM EACH PURCHASE  
DONATED

**NOORISH FOODS**  
Cocoa Sun Ritual  
200 g  
[noorish.ca](http://noorish.ca)



NOORISH FOODS



**50¢**  
FROM EACH PURCHASE  
DONATED



**SMART BITE**  
Fit Figure  
120 g  
[smartbitesnacks.com](http://smartbitesnacks.com)

**50¢**  
FROM EACH PURCHASE  
DONATED

**50¢**  
FROM EACH PURCHASE  
DONATED



**HIPPIE SNACKS**  
Crisps  
70 g  
[hippiesnacks.com](http://hippiesnacks.com)



Help  
Fill a  
Dream

**MAGNUS**  
6 YEARS OLD  
Spinal Muscular Atrophy  
Type 1a  
**DREAM**  
DISNEYLAND



**LITTLE CREEK DRESSING**  
Salad Dressings  
295 ml

[littlecreekdressing.com](http://littlecreekdressing.com)



**50¢**  
FROM EACH PURCHASE  
DONATED



**MAPLE LODGE FARMS**  
Chicken Wings  
Frozen, 908 g

[maplelodgefarms.com](http://maplelodgefarms.com)



**50¢**  
FROM EACH PURCHASE  
DONATED



**PRIME**  
Breaded  
Chicken  
Frozen, 568-700 g

[mapleleaf.ca/prime](http://mapleleaf.ca/prime)



**50¢**  
FROM EACH PURCHASE  
DONATED

**MT NEWTON FLORAL**  
4" Potted  
Kalanchoes

[mtnewtonfloral.ca](http://mtnewtonfloral.ca)  
Available Nov.29- Dec. 12



**50¢**  
FROM EACH PURCHASE  
DONATED



**BECEL**  
Dairy Free Becel  
Plant Butter  
427-454 g

[becel.ca](http://becel.ca)

**50¢**  
FROM EACH PURCHASE  
DONATED



**25¢**  
FROM EACH PURCHASE  
DONATED



**TOFINO KOMBUCHA**  
355 ml

[tofinokombucha.com](http://tofinokombucha.com)



**MT NEWTON FLORAL**  
4" Potted  
Cyclamen

[mtnewtonfloral.ca](http://mtnewtonfloral.ca)  
Available Nov. 15-28



**50¢**  
FROM EACH PURCHASE  
DONATED







Chef Heidi's Recipe  
Deep Dish Pan  
Pizza

Find the recipe at [countrygrocer.com](http://countrygrocer.com)



# Baking Season Essentials



Hershey  
Chipits  
200-270 g



**3<sup>77</sup>**  
ea



Fleischmann's  
Corn  
Starch  
454 g

**3<sup>97</sup>**  
ea



Tenderflake  
Pie  
Shells  
or Puff Pastry  
255-397 g

**3<sup>47</sup>**  
ea



Rogers  
Flour  
10 kg

**9<sup>97</sup>**  
ea



Rogers  
Sugars  
Your Choice  
1 kg

**2<sup>77</sup>**  
ea



Arm & Hammer  
Baking  
Soda  
250 g

**.97**



Windsor  
Table  
Salt  
1 kg

**1<sup>47</sup>**  
ea



Crisco  
Shortening  
454 g

**2/\$7**



Robertson's  
Mincemeat  
635 g

**6<sup>97</sup>**  
ea



Dan D Pak  
Shredded  
Coconut  
or Flaked  
170-227 g

**2/\$5**



Sun-Maid  
Seedless  
Raisins  
750 g

**6<sup>97</sup>**  
ea



Lipton  
Chicken  
Noodle  
Soup  
or Onion  
4s

**2/\$6**



Tazo  
Natural  
Tea  
20's

**3<sup>97</sup>**  
ea



Elias  
Liquid  
Honey  
or Creamed  
500 g

**6<sup>97</sup>**  
ea



Kula  
Artisan  
Sauces  
250 ml

**6<sup>97</sup>**  
ea





PRESENTS

# Pinterest to Plate

IMPRESS WITHOUT THE STRESS

Scan Here to View Our Recipes @KraftHeinz



Kraft Peanut Butter 1 kg

5<sup>77</sup> ea

LIMIT 2 Total



Nabob Ground Coffee 340 g

7<sup>97</sup> ea



Jet Puffed White Marshmallows 400 g

2/\$5



Heinz Baked Beans 398 ml

3/\$5



Kraft Miracle Whip 650-890 ml

5<sup>47</sup> ea



Kraft Hazelnut Spread 725 g

6<sup>77</sup> ea



Kraft Salad Dressing 425 ml

3/\$10



Kraft Mac & Cheese 200 g

4/\$5



Philly Cream Cheese 227-250 g

3<sup>97</sup> ea



Shake N Bake Coating Mix 142-184 g

2/\$7



Baker's Baking Chocolate 170-225 g

4<sup>47</sup> ea



Jell-O Jelly Powder 10-85 g

4/\$5





**ISLAND GROWN**  
**Help Fill a Dream**  
**Fall Bouquet**  
 Available Nov. 15-28



**Help Fill a Dream**



**ISLAND GROWN**  
**Help Fill a Dream**  
**Winter Bouquet**  
 Available Nov. 29-Dec.12

**BUY PARTICIPATING PRODUCTS TO HELP ISLAND KIDS FACING LIFE-THREATENING CONDITIONS.**

See the [Help Fill A Dream insert](#) in this flyer for participating products.

**\$3**  
FROM EACH PURCHASE  
**DONATED**

**\$3**  
FROM EACH PURCHASE  
**DONATED**

# HOUSE, HOME & Pet

 <p><b>Alpo Cookout</b>  <b>Classic Dog Food</b>          7.2 kg</p> <p><b>17<sup>97</sup></b> ea</p>	 <p><b>Pedigree Choice Cuts</b>  <b>Dog Food</b>          630 g</p> <p><b>2/\$6</b></p>	 <p><b>Whiskas Selections</b>  <b>Cat Food</b>          2 kg</p> <p><b>8<sup>97</sup></b> ea</p>	 <p><b>Tidy Cats</b>  <b>Cat Litter</b>          2.72 kg</p> <p><b>13<sup>97</sup></b> ea</p>
 <p><b>Sunlight</b>  <b>Laundry Detergent</b>          1.84 L</p> <p><b>5<sup>97</sup></b> ea</p>	 <p><b>Twenty Mule Team</b>  <b>Borax</b>          1.84 kg</p> <p><b>6<sup>97</sup></b> ea</p>	 <p><b>Full Circle</b>  <b>Garbage Bags</b>          10s</p> <p><b>2/\$3</b></p>	 <p><b>Nature Clean</b>  <b>Dish Soap</b>          740 ml</p> <p><b>3<sup>47</sup></b> ea</p>
 <p><b>Dove</b>  <b>Body Wash</b>          400 ml</p> <p><b>6<sup>97</sup></b> ea</p>	 <p><b>Crest</b>  <b>Toothpaste</b>          Tartar or Cavity Protection          100 ml</p> <p><b>2/\$3</b></p>	 <p><b>Herbal Essence</b>  <b>Shampoo or Conditioner</b>          346 ml</p> <p><b>3<sup>97</sup></b> ea</p>	 <p><b>Purex</b>  <b>Bathroom Tissue</b>          12 Double Rolls</p> <p><b>6<sup>97</sup></b> ea</p>





# Dairy FRESH



Natre Plus Milk  
2%, 3.25%, or Chocolate  
2 L  
**5.97** ea



Island Farms  
18% Table Cream  
1 L  
**4.77** ea



Island Farms  
Cottage Cheese  
500 g  
**3.97** ea



Dairyland  
Salted Butter  
454 g  
**5.97** ea



Olympic  
Organic Greek Yogurt  
1.75 kg  
**11.97** ea

Also Krema or Organic



Danone  
Activia Yogurt  
Multipack, 12x100 g  
**5.97** ea



Island Farms  
Cream Cheese  
500 g  
**6.47** ea



Island Gold  
Veggie Fed Eggs  
1 Dozen  
**4.97** ea



Tre Stelle  
Feta Cheese  
375 g  
**7.97** ea



Tre Stelle  
Crumbled Feta  
150 g  
**4.47** ea



Tre Stelle  
Mozzarella Ball  
340 g  
**6.97** ea



Violife  
Dairy Free Cheese  
200-227 g  
**4.47** ea

## FROZEN Foods



Chapman's  
Yukon Novelties  
5-8s  
**3.97** ea



Natre  
Ice Cream  
Lactose Free  
473 ml  
**3.47** ea



Kraft  
Cool Whip  
Whipped Topping  
1 L  
**3.97** ea



Wong Wing  
Won Ton Soup  
426 ml  
**3.97** ea



Chapman's  
Frozen Yogurt  
or Sorbet, 2 L  
**5.97** ea



Green Giant  
Vegetables  
750 g  
**2/\$7**



Kula  
Vegan Entrées  
200 g  
**7.97** ea



La Presserie  
Soups  
500 g  
**9.97** ea



# Bakery FRESH



**THIS  
WEEK'S  
HOT BUY**

*Made,  
RIGHT  
Here*

## Signature Sourdough Bread

600 g

*Taste the difference  
Quality Makes!*

**3<sup>97</sup>**  
ea



Country Fresh  
**Cookies**  
Assorted Varieties  
12 Pack

**5<sup>97</sup>**  
ea



Baked Fresh  
**Panini  
Buns**  
6 Pack

**2 / \$7**



*Ideal Game Time  
Snack!*

Baked Fresh  
**Cheese  
Sticks**  
6 Pack

**5<sup>97</sup>**  
ea



Bakestone  
**Bagels**  
6 Pack

*Non Organic  
varieties*

**3<sup>97</sup>**  
ea



Dempster's  
**7"**  
**Tortillas**  
10s

**3<sup>97</sup>**  
ea



Olivier's  
**Mountain  
Bread**  
600 g

**5<sup>27</sup>**  
ea



**TREATS  
of the  
WEEK**

## Brownie Mountain or Simply Vanilla Mini Cakes

510-700 g

*Made, RIGHT Here  
using our Signature Real  
Butter Cream icing!*

**11<sup>47</sup>**  
ea



Dempster's  
**Signature  
Bread & Buns**  
600-680 g, 6s, 8s

**2 / \$8**





# 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!



*Great for Guacamole Dip*

Mexico

## Avocados

4 Count Bags

*Get Ready for the Grey Cup Party!*

**2<sup>97</sup>**  
ea



Alberta  
**On the Vine Tomatoes**



**1<sup>97</sup>**  
lb  
4.34 kg



U.S. Grown  
**Broccoli Crowns**



**2<sup>97</sup>**  
lb  
6.55 kg



USA/Mexico  
**Grape Tomatoes**  
1 Pint Clamshell



**2<sup>97</sup>**  
ea



California  
**Mandarin Oranges**  
2 lb Bags



**4<sup>97</sup>**  
ea



B.C. Grown  
**Russian Red Garlic**  
115 g Bag



**2<sup>97</sup>**  
ea



Mexico/California  
**Green Onions, Radishes, & Cilantro**

**.97**  
ea  
Bunch



B.C. Grown  
**Gala Apples**  
3lb Bags



**1<sup>97</sup>**  
ea



B.C. Produced  
Sunrise  
**Tofu**  
Medium Firm & Firm  
454 - 500 g Pkg



**2<sup>97</sup>**  
ea



U.S. Grown  
Little Potato Company  
**Small Nugget Potatoes**  
1.5 lb Bags

**3<sup>97</sup>**  
ea

- Yellow
- Red
- Trio
- Fingerlings



California  
Fresh Gourmet  
**Croutons**  
142 g Bag

**2<sup>97</sup>**  
ea

- Caesar
- Parmesan Caesar
- Cheese & Garlic
- Garden Herb



California  
Wonderful  
**Pistachios**  
Salted  
225 g Pkg

**4<sup>97</sup>**  
ea



U.S. Produced  
Litehouse  
**Veggie Dips**  
Assorted Flavours  
340 g

**3<sup>97</sup>**  
ea





Fresh  
Certified

# ORGANIC PRODUCE



ORGANIC U.S. Baby

**Baby Rainbow Carrots**

12 oz Bag



**3<sup>97</sup>** ea

ORGANIC Mexico

**Limes**

1 lb Bag



**3<sup>97</sup>** ea

ORGANIC U.S.

**Large Cauliflower**



**2<sup>97</sup>** ea

ORGANIC U.S.

**Celery**



**2<sup>97</sup>** ea

ORGANIC Mexico

**Rainbow Cherry Tomatoes**

1 Pint Clamshell



**4<sup>97</sup>** ea

ORGANIC Alberta

**Red Onions**

3 lb Bag



**3<sup>97</sup>** ea

ORGANIC U.S.

**Bunch Kale**

Black and Green



**3<sup>97</sup>** 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](http://www.cpm.ca) & [www.bcpma.com](http://www.bcpma.com) Find weekly tips and recipes on their blog at: [halfyourplate.ca](http://halfyourplate.ca) Follow them on Facebook, Pinterest & Twitter for all the latest news! Use #halfyourplate to share recipes and tips.



## FLORAL & GARDEN



**Help Fill A Dream Bouquet**



**\$3**  
FROM EACH  
PURCHASE  
DONATED

**24<sup>97</sup>** ea



**Assorted Cyclamen**

4 inch



**50¢**  
FROM EACH  
PURCHASE  
DONATED

**5<sup>47</sup>** ea



**Poinsettias**

Island Grown  
6.5 inch



**9<sup>97</sup>** ea



**Grinch Tree & Elf Bush**

1 Gallon



**14<sup>97</sup>** ea



**Outdoor Christmas Plants**

in Tin Pot, 5 inch



**7<sup>97</sup>** ea



**Poinsettias**

Island Grown  
4 inch



**4<sup>97</sup>** ea



You'll feel like family.



Vancouver Island Owned  
& Operated Since 1984



El Sabroso  
**Guacachip**  
284 g

**2/\$7**

While Stocks Last



Ketch  
**Sockeye Salmon**  
200 g

**2.77**  
ea



**NEW to Country Grocer!**



Tribal Java  
**Ground Coffee**  
Organic  
254-300 g

**8.97**  
ea



Pacific  
**Organic Soup**  
or Broth  
946 ml - 1L

**3.97**  
ea



Italpasta  
**Pasta**  
450 g

**4/\$5**



Snowcrest  
**Frozen Fruit**  
400-600 g

**3.97**  
ea



Campfire  
**Smoked Bacon**  
375 g

**2.77**  
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.

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**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](http://www.countrygrocer.com)



Lotto Centre at all locations  
(Except Salt Spring)



Look for our  
Gluten Free  
Savings!

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DES ÉPICIERS INDÉPENDANTS