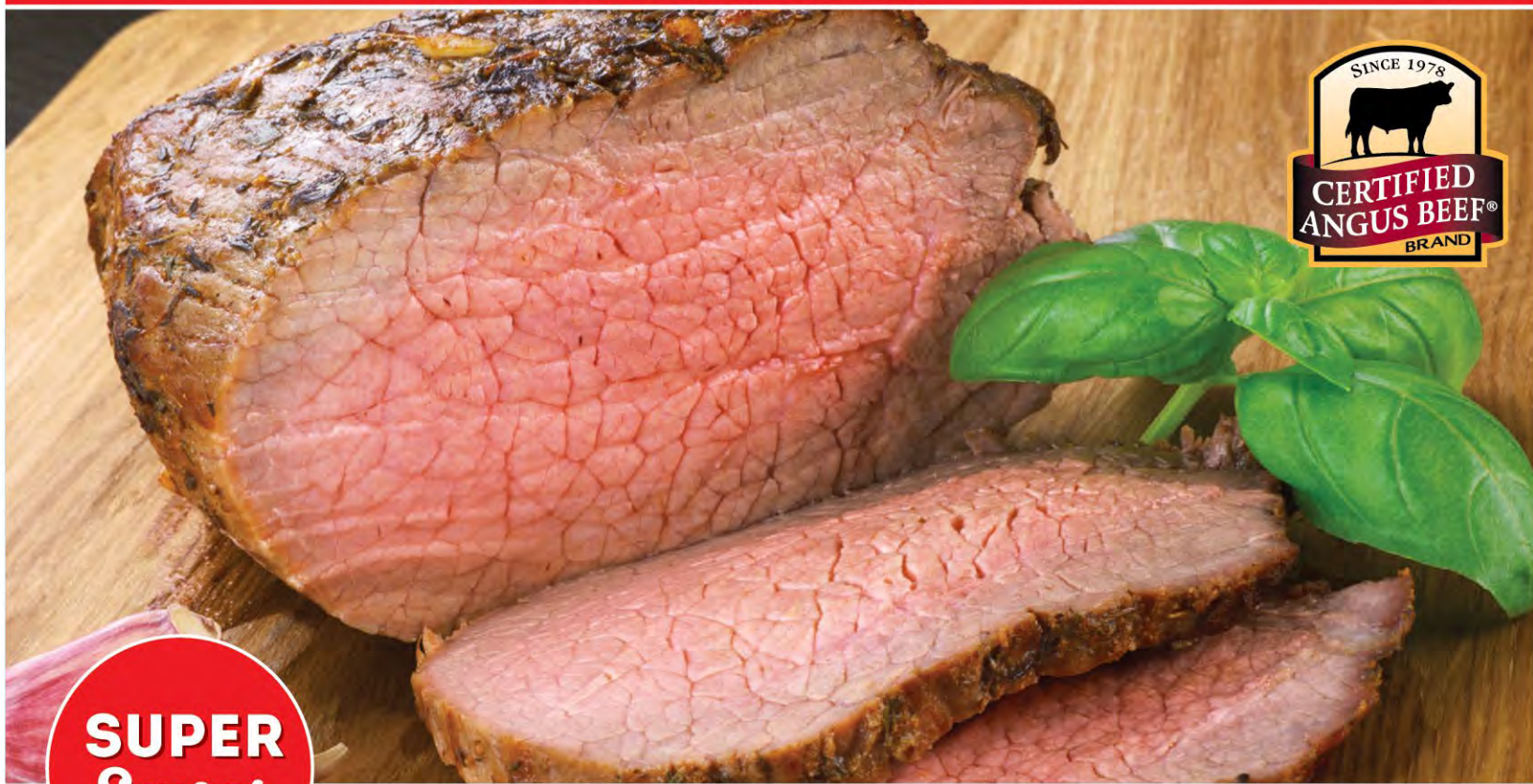




Simple Goodness.

# Weekly SPECIALS



**SUPER Saver**

Save **35% OFF** REGULAR PRICE

CUT FROM WESTERN CANADIAN  
**FRESH AAA CERTIFIED ANGUS BEEF® OUTSIDE ROUND ROAST** 16.51/kg • aged minimum 21 days

**7.49** lb



**SUPER Saver**

Save **37% OFF** REGULAR PRICE

**FRESH PORK SHOULDER BLADE STEAK** bone-in • family pack 8.36/kg

**3.79** lb



**Local**

**SUPER Saver**

Save **30% OFF** REGULAR PRICE

**FRESH BC WHOLE FRYING CHICKEN** grade A • 7.69/kg

**3.49** lb



**SUPER Saver**

**CALIFORNIA FRESH RED SEEDLESS GRAPES** 6.59/kg

**2.99** lb



**SUPER Saver**

**MEXICO FRESH HASS AVOCADOS**

**1.99** ea



**SUPER Saver**

**HUNT'S THICK & RICH PASTA SAUCE** 680 mL

**2/\$3**



**SUPER Saver**

**TENDERFLAKE TART or PIE SHELLS** 2's-18's or puff pastry 397 g

**2.99** ea



**SUPER Saver**

**KICKING HORSE ORGANIC WHOLE BEAN COFFEE** 454 g • fairtrade

**14.99** ea

FRIDAY, NOVEMBER 8 - THURSDAY, NOVEMBER 14

# Lest We Forget



REMEMBRANCE DAY  
MONDAY, NOV 11

Often imitated, Never duplicated

# CERTIFIED AAA ANGUS BEEF®

Alberta Premium **AAA ANGUS BEEF**

Meets or Exceeds **10 STANDARDS** FOR CERTIFICATION

Aged Minimum **21 DAYS**

Exquisite **MARBLING**

Strict Standards FOR SUPERIOR **ANGUS**

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

LOOK FOR THIS SYMBOL IN-STORE



CUT FROM WESTERN CANADIAN **FRESH AAA CERTIFIED ANGUS BEEF® PRIME RIB ROAST or RIB STEAKS** family pack 46.27/kg • aged minimum 21 days

**20.99** lb

**GRIMM'S Sausage Rings** 300 g • gluten free

**6.99** ea

**SUPER Saver**

**OLIVIERI Fresh Pasta** 250 g - 360 g or **Fresh Pasta Sauce** 160 g or 300 mL

**5.99** ea or **4.99** ea

**SUPER Saver**

**Fresh Pork Back Ribs** 12.10/kg

**5.49** lb

**Fresh Boneless Skinless BC Chicken Thighs** family pack 16.51/kg

**7.49** lb

**Local**

**NEW ZEALAND SPRING Fresh Lamb Loin Chop** bone-in 29.74/kg

**13.49** lb

100% Grass Fed. Raised Without Antibiotics, Hormones or Steroids.

**PINTY'S Chicken Wings** 780 g

**16.49** ea

**PINTY'S** BUFFALO, SALT & CRACKED BLACK PEPPER

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

**2.49** /100g

**SUPER Saver**

**AQUASTAR Raw Pacific White Shrimp** 340 g quick peel • 26/30 count

**7.99** ea

**SUPER Saver**

**OCEAN WISE Fresh Pacific Halibut Fillets**

**6.79** /100g

**OCEAN WISE**

**OCEAN WISE Bacon Wrapped Scallop Skewers** frozen 140 g

**6.49** ea

**OCEAN WISE**

**DAIRYLAND COTTAGE CHEESE** 2% m.f. 250 g

**2/\$5**

**SUPER Saver**

**Local**

**CASTELLO Camembert or Brie Cheese** 125 g

**4.49** ea

**COUNTRY CROCK Original Spread** 427 g

**4.49** ea

**TRE STELLE Traditional Feta** 375 g

**8.99** ea

**TRE STELLE Grated Parmesan** 200 g

**8.49** ea

**DANONE Oikos Yogurt** 4x100 g or activia 650 g

**3.99** ea

**BIO-K PLUS Fermented Drinkable Probiotics** 98 g

**21.99** 6pk

**ISLAND FARMS Classic Ice Cream** 1.65L

**6.99** ea

**Local**

**DAIRYLAND Whipped Cream** 400 g

**5.99** ea

**Local**

**TRE STELLE SHREDDED CHEESE** or crumbled feta 170 g - 200 g

**4.99** ea

**SUPER Saver**

# Check out WHAT'S NEW



**NEW**

**SUPER  
Saver**

EAT WHOLESOME FOOD CO.  
**ORGANIC BEANS**  
chick peas or baked beans 398 mL

**2/\$5**



LOSADA  
**Manzanilla Olives**  
arbequina or empeltre  
345 g

**NEW**

**7.99** ea



OLD EL PASO  
**Tortilla Pockets  
Kit** 351 g

**NEW**

**4.99** ea



**NEW**

AMARA  
**ORGANIC  
SMOOTHIE MELTS**  
23 g • plant-based • no added sugar

**SUPER  
Saver**

**4.99** ea



**KONSCIOUS  
PLANT-BASED  
POKE BOWLS**  
or rolls 210 g - 293 g  
gluten free • vegan

**NEW**

**SUPER  
Saver**

**6.99** ea



**NEW**

GUAYAKI  
**Organic  
Yerba Mate**  
traditional  
tea bags 75's

**10.99** ea



**NEW**

EAT WHOLESOME  
FOOD CO.  
**Cherry  
Tomatoes**  
398 mL

**2.29** ea



QUAKER  
**Harvest Crunch  
Protein Granola**  
Cereal 325 g

**NEW**

**6.59** ea



RUSTIC BAKERY  
**Organic  
Sourdough  
Flatbread Bites**  
112 g

**NEW**

**4.99** ea



CAVENDISH FARMS  
**Restaurant  
Style Fries**  
or flavour crisp 750 g

**3.99** ea



VALENTINA  
**Mexican  
Hot Sauce**  
370 mL

**2.49** ea



OLD EL PASO  
**Seasoning  
Mixes** 24 g

**1.49** ea



LITA'S MEXICAN FOODS  
**Vegan Taquitos**  
4's

**Local**

**8.99** ea



SWEET BABY RAY'S  
**BARBECUE SAUCE**  
425 mL

**SUPER  
Saver**

**2.99** ea



Old Dutch  
**Potato Chips**  
or ridgies 200 g - 235 g  
selected

**2/\$8**

Old Dutch  
**Restaurante  
Tortilla Chips**  
or dutch crunch 200 g - 295 g

**\$4.29** ea



SOL CUISINE  
**Plant-Based  
Wings** tenders or  
bites 255 g - 300 g

**NON  
GMO  
Project  
VERIFIED**

**6.49** ea



DAIYA  
**Dairy Free Pizza**  
or flatbread 346 g - 550 g  
gluten free

**8.99** ea



REIGN  
**Energy Drinks**  
473 mL plus deposit & recycle fee

**9.99** 4  
pk

SOBER CARPENTER  
**Non-Alcoholic  
Craft Beer**  
473 mL • selected  
plus deposit & recycle fee

**2/5.48**

**Kraft**  
PRESENTS  
**Pinterest to Plate**  
IMPRESS WITHOUT THE STRESS

Scan Here to View Our Recipes @KraftHeinz

**Kraft Peanut Butter 500 g**

**\$5.99** Each / Any Variety

**Diana Sauce Gourmet BBQ Sauce 500 mL**

**\$4.69** Each / Any Variety

**Kraft Miracle Whip 475 mL**

**\$4.29** Each

**Heinz Ketchup 750 mL - 1L**

**\$7.29** Each / Any Variety

**Kraft Cheez Whiz Cheese Spread 250 g**

**\$4.59** Each

**NON GMO Project VERIFIED**

**ROBIN HOOD ALL PURPOSE FLOUR** or bread flour 5 kg

**8.99** ea

**SUPER Saver**

**GHIRARDELLI Baking Chips 250 g - 326 g**

**6.99** ea

**E.D. SMITH Pie Filling 540 mL selected or pure pumpkin 796 mL**

**5.99** ea

**LET'S DO... ORGANIC Sweetened Condensed Coconut Milk 195 mL - gluten free non-dairy**

**5.99** ea

**QUAKER Large Flake Oats one minute, steel cut or quick 709g-1kg**

**5.49** ea

**COYOTE Pancake Mix 900 g**

**4.49** ea

**UNCLE LUKE'S 100% Pure Maple Syrup canada grade A 250 mL**

**5.99** ea

**NATURE'S PATH ORGANIC LOVE CRUNCH GRANOLA 325g or sunrise crunchy vanilla cereal 300g**

**5.99** ea

**Local**

**TWININGS OF LONDON Teas 50's**

**9.99** ea

**NESTLÉ CARNATION Hot Chocolate Mix 450 g**

**6.99** ea

**CLOVER LEAF Flaked Pink Salmon wild pacific 142 g**

**2.89** ea

**OCEAN SPRAY Cranberry Cocktails 295 mL plus deposit & recycle fee**

**6.49** pk

**EAT WHOLESOME FOOD CO. Organic Soups 398 mL - vegan**

**2.99** ea

**HEALTHY CHOICE Gourmet Steamers 283 g - 298 g**

**5.79** ea

**ORO DE GENAVE SELECTION ORGANIC EXTRA VIRGIN OLIVE OIL 500 mL - cold extraction**

**17.59** ea

**CATELLI Gluten Free Pasta smart or tri-colour fusilli 340 g - 375 g selected**

**3.99** ea

**NINA'S Pierogies 400 g - 540 g**

**7.99** ea

**Local**

**KOKUHO ROSE California Supreme Rice or brown rice 907g-1kg**

**7.99** ea

**ABOKICHI Okazu sesame oil condiment 230 mL - vegan gluten free**

**10.99** ea

**NON GMO Project VERIFIED**



ONE Protein Bars  
60 g • gluten free **3.99** ea



WE ♥ BC Walnuts  
unsalted 300 g **6.99** ea

Local



PEPPERIDGE FARM Monaco Cookies  
or sausalito 198 g - 200 g **4.49** ea



WILD MOUNTAIN Organic Chocolate  
80 g - 85 g **6.59** ea



HELLMANN'S MAYONNAISE  
or vegan dressing 710 mL - 890 mL

**6.99** ea



ZIPLOC Compostable Sandwich Bags  
20's **4.29** ea



BAND-AID BRAND Adhesive Bandages  
10's - 60's • selected **5.99** ea



GRANNY'S Ultra Liquid Laundry 3.78 L  
128 he loads

**8.49** ea



ROYALE Original Bathroom Tissue mega 9's or double roll 12's **9.99** ea



FANTINO & MONDELLO VINO ROSSO SALAMI 125 g

**6.99** ea



ITALIAN BREAD 450 g • baked fresh in-store daily

**1.79** ea



LAS MARGARITAS PREMIUM SALSA 500 mL

**8.29** ea



OLD FASHIONED BUTTERMILK DONUTS

**4.49** 8 pk



FREYBE Pepperoni Snackers  
gluten free 125 g

**5.99** ea



SUMMER FRESH Topped Hummus 255 g **5.99** ea

HOMESTYLE MULTI-GRAIN HALF LOAF 540 g

**4.99** ea



KRINOS Greek Town Saganaki 110 g **5.99** ea

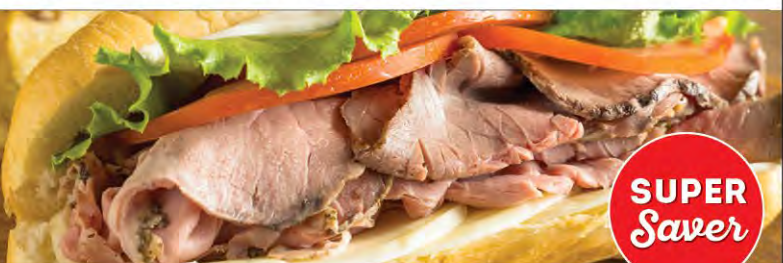


MAPLE LEAF NATURAL SELECTIONS Turkey Breast sliced **3.69** /100g



CLASSIC LARGE BOUQUET

**21.99** ea



HOMESTYLE ROAST BEEF with or without garlic

**3.29** /100g



AMARYLLIS KITS assorted

**9.99** ea



PAPERWHITE KITS

**7.99** ea



**2lb**

WASHINGTON  
**FRESH COSMIC  
CRISP APPLES** 907 g bag

**5.99** ea



**4lb**

IMPORTED  
**FRESH MANDARINS**  
1.81 kg box

**8.99** ea



NEW ZEALAND  
**FRESH KIWI FRUIT**

**99¢** ea



BC/IMPORTED  
**FRESH GRAPE  
TOMATOES** 1 pint

**3.99** ea



CANADA  
INSPIRED GREENS  
**FRESH LIVING LETTUCE  
TENDER & TASTY TRIO**

**2.49** ea



**3lb**

*Locally  
GROWN*

BC FRESH CARROTS  
1.36 kg cello bag

**3.49** ea



CALIFORNIA  
**FRESH CAULIFLOWER**  
cello bag

**4.79** ea



CALIFORNIA  
**FRESH ORGANIC  
POMEGRANATES**

**2.99** ea



CALIFORNIA  
**FRESH ORGANIC  
GREEN KALE**  
weather permitting

**2.99** ea



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

**2.49** 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)