



# Family Pack CASELOT SALE

Vancouver Island Owned  
& Operated Since 1984

TM



## Nature's Path Organic Cereal

Eco Pac  
650-907 g

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



Campbell's  
Soup  
4 varieties  
Selected  
12x284 ml

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

LIMIT 3 Total



Peru  
Jumbo  
Blueberries  
Big 18 oz Clamshell

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



Kraft  
Mac &  
Cheese  
12x200 g

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



Everland  
Coconut  
Milk  
Organic  
6x400 ml

**10<sup>97</sup>**  
ea



Armstrong  
Natural  
Cheese  
1.35 kg

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



San Remo  
Italian  
Tomatoes  
12x398 ml

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

Ground In-House



Country Grocer  
Lean  
Ground Beef  
Family Packs

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



Lilydale  
Breaded Crispy  
Drumsticks  
Fully Cooked / Seasoned  
1 kg

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

While Stocks Last

In Our Bakery



Fresh Baked  
Family  
Bread  
570 g  
Sliced

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

In Our Deli



Natural Selections  
Sliced  
Meats  
Assorted Varieties  
375-400 g

**12<sup>97</sup>**  
ea



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



# Butcher's BEST



Cut from Canada **AA** Beef  
**Outside Round  
 Oven Roasts**



**5<sup>47</sup>**  
 lb  
 12.06 kg



Fresh Canadian  
**Whole Porkloins**  
 Boneless

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

LIMIT 1



Maple Lodge Farms  
**Chicken  
 Breasts**

Sold in a 4 kg Box for \$39.40 ea  
 Works out to

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

Boneless, Skinless  
 Frozen



Fresh Lilydale  
**Chicken  
 Thighs**  
 Boneless, Skinless  
 All Sizes



Canadian Farm Raised  
 Grain-Fed

**7<sup>97</sup>**  
 lb  
 17.57 kg



Fresh Canadian  
**Pork Shoulder  
 Blade  
 Steaks**  
 All Sizes



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

## Buy BC and Support LOCAL FARMERS



Rosstown Farms  
**Marinated  
 Chicken Skewers**  
 Assorted Flavours  
 400 g



**10<sup>97</sup>**  
 ea



751 Smokehouse  
**Smoked  
 Turkey  
 Drumstick**



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

## Butcher's CHOICE

Easy Meals

Stuffed With Dressing  
**Pork Shoulder  
 Blade Roast**  
 Boneless  
 Oven Ready



**4<sup>97</sup>**  
 lb  
 10.96 Kg

Easy Meals

Breaded  
**Pork Shoulder  
 Blade  
 Cutlets**  
 All Sizes



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



Farmhouse Poultry  
**Chicken Breasts**  
 Boneless Skinless  
 All Sizes

It's Fresher  
 from Here!

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



**WILD Coho Salmon Fillets**  
Skin On/  
Pin Bone  
Removed  
Frozen

**2.97**  
100 g



*Fresh* **Rockfish Fillets**

Weather Permitting

**1.47**  
100 g



*Wild* **Whole Pink Salmon**  
Head Off

**1.77**  
100 g

Aqua Star  
**Tempura Shrimp**  
500 g  
Frozen



**10.97**  
ea



Aqua Star  
**Seafood Appetizers**  
Popcorn, Coconut or  
Butterfly Shrimp  
680 g

**11.97**  
ea



Mrs Fridays  
**Crab Cakes**  
510 g

**13.97**  
ea



Aqua Star  
**Basa Fillets**  
908 g  
Frozen

**9.97**  
ea



Fresh Captain Jac  
**Imitation Crab**  
900 g

**10.97**  
ea



Mussel King  
**Whole Cooked Mussels in Shell**  
Garlic Butter or  
White Wine & Herb  
Frozen, 454 g

**6.97**  
ea

Frozen

Frozen

## Extra MEAT SAVINGS



Schneiders  
**Smoked Bacon**  
Regular, Maple  
or Hickory  
375 g

**5.97**  
ea



Schneiders  
**Juicy Jumbos or Wieners**  
Assorted Flavours  
375-450 g

**5.97**  
ea



Schneiders  
**Meat Pies or Quiche**  
Assorted Flavours  
330-400 g

**3.97**  
ea



Olivieri  
**Filled Pasta**  
Family Packs  
Assorted Varieties  
600-700 g

**9.97**  
ea



Mitchell's  
**Pepperoni or Sausage Sticks**  
Assorted Varieties  
450-500 g

**6.97**  
ea



Mitchell's  
**Garlic Ring**  
750 g

**8.97**  
ea



*Mix and Match!*

Johnsonville  
**Sausages**  
Breakfast or Dinner  
Assorted Flavours  
375-500 g

**2/\$12**



Lilydale  
**Breaded Crispy Drumsticks**  
Fully Cooked / Seasoned  
1 kg

**9.97**  
ea

While Stocks Last



# DELI

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



Fresh  
**Pepperoni**  
 Assorted Varieties  
 500 g



*Great Savings!*

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



Premium  
**Old Fashioned Ham**  
 or Pepper Ham



**2<sup>57</sup>**  
 100 g



Freybe  
**Salami**  
 Assorted Varieties



**4<sup>47</sup>**  
 100 g



**Chicken Breast Roast**  
 Plain, Smoked or Cajun



**2<sup>57</sup>**  
 100 g



Mastro  
**Trio Charcuterie**  
 Assorted Varieties  
 150-250 g



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

## CHEESES from Around the WORLD



Canadian  
**Cheese Slices**  
 Havarti or Swiss  
 500 g



**12<sup>97</sup>**  
 ea



*Volume Buy!*

Imported Dutch  
**Smoked Gouda**  
 Random Cuts



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



Canadian  
**Shredded Cheese**

Nacho  
 400 g



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

While Stocks Last



Canadian  
**Chevrai Goat Cheese**  
 Plain or Cranberry  
 300 g



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



Canadian  
**Cow Feta**  
 850 g



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



# Fresh TO GO



Simon's  
specialty foods

Premium  
**Meat Pies**

8"  
760 g

Pair With...



Scalloped  
Potatoes

900 g

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

**13<sup>97</sup>**  
ea



Mitchell's  
**Dry Soup Mixes**

Assorted Varieties  
225-396 g

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



Sabra  
**Hummus**  
Assorted Varieties  
482 g

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

Arbutus  
FARMS KITCHEN

**Smash' Ems**

Assorted Varieties  
1 kg

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



Happy Planet  
**Soups**

Assorted Varieties  
650 ml

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

## Fresh SUSHI

Freshly Made  
In-House Daily

**Family Pack  
Sushi**

Combo #1 & #2  
20 Piece

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

Freshly Made  
In-House Daily

Regular or Spicy  
**California  
Sushi Rolls**

12 piece

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

Prepared Fresh  
In-House Daily

Country Grocer  
**Mini  
Fruit/Veggie  
Platters**

Approx 300 g

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

Prepared Fresh  
In-House  
Daily

Country Grocer  
**Beet, Zucchini  
or Combo  
Spirals**

Approx 240 g

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

## BULK Foods



Checkers  
**Heap of  
Popcorn**

396 g

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



Reddi Snack  
**Pretzels**

908 g

**4<sup>47</sup>**  
ea



Dan D Pak  
**Fancy Nut  
Mix**

Salted or Unsalted

**2<sup>77</sup>**  
100 g



Foley's  
**Chocolate  
Almonds**

Milk or Dark

**2<sup>27</sup>**  
100 g



# Natural & ORGANIC



Everland  
**Coconut  
Cream**

Organic  
6x400 ml

**15<sup>77</sup>**  
ea



Natursource  
**Tamari  
Almonds**

950 g

**12<sup>97</sup>**  
ea



Love Crunch  
**Organic  
Granola**

700 g

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



San Remo  
**Organic  
Beans**

12x398 ml

**21<sup>97</sup>**  
ea



Nuts To You  
**Almond  
Butter**

735 g

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



Uncle Lee's  
**Organic  
Tea**

100's

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



Everland  
**Whole  
Dates**

Pitted  
908 g

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



Smart Sweets  
**Sweet  
Fish**

6x50 g

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



Level Ground  
**Organic  
Coffee**

or Natural  
908 g

**22<sup>97</sup>**  
ea



Everland  
**Apple  
Juice**

Organic  
3.78 L

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



Taj Mahal  
**Ready  
Meals**

6x285 g

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



Terra Delyssa  
**Sunflower  
Oil**

Organic  
3 L

**13<sup>97</sup>**  
ea



# Vitamins & SUPPLEMENTS

Finish your workout strong with 30g of plant-based protein, 5g BCAAs, tart cherry and probiotics, all built to help you reset for round two.



Vega  
**Sport Protein**  
801-837 g

**49<sup>97</sup>** ea

15B- Helps restore natural gut flora  
Shelf stable with a minimum 15 Billion CFU  
5 critical, balanced, therapeutic species  
Contains bacteria naturally found in the human GI tract



Canprev  
**Pro-Biotik 15B**  
Bowel Transit & IBS support

30 Caps | 90 Caps  
**17<sup>97</sup>** | **29<sup>97</sup>**  
ea | ea



Assists in the formation and proper function of red blood cells, Helps to prevent iron deficiency anemia Helps maintain energy Non-constipating



Smart Solutions  
**IronSmart**

60 Caps  
**17<sup>97</sup>** ea  
250 ml  
**27<sup>97</sup>** ea



Wedderspoon  
**Drops**  
120 g

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



Webber Naturals  
**Magnesium Bisglycinate**

120 Caps

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

Protect yourself & your entire family with clinically proven immune support.

A Vogel  
**Echinaforce Products**



**20% OFF**  
AT CHECKOUTS



Purica  
**Mushrooms**  
120 g Caps  
or 100 g Powders

**30% OFF**  
AT CHECKOUTS



Moonshine Mama's  
**Elixirs**

**20% OFF**  
AT CHECKOUTS

Real food ingredients sourced from land and sea vegetables. VegeGreens provides support for your immune and digestive systems, while also supporting your body's anti-inflammatory response.



Progressive  
**VegeGreens**  
225-265 g

**43<sup>97</sup>** ea



Featuring functional plant-based protein sourced from 5 sprouted grains: brown rice, millet seeds, amaranth grains, pumpkin seeds, and quinoa seeds

64 g | Case of 12  
**2/\$6** | **35<sup>97</sup>** ea



Ecoideas  
**Cacao Products**

**20% OFF**  
AT CHECKOUTS



Love  
**Good Fats Bars**

40 g

39 g | Case of 12  
**2/\$5** | **28<sup>97</sup>** ea



Kombucha contains living cultures, organic acids and antioxidants that help with digestion and support the immune system.



Rise  
**Kombucha**  
414 ml

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





**Kathleen**  
Assistant Front End  
Manager  
Royal Oak

# GROCERY



Nature Valley  
**Sweet & Salty Bars**  
Dark Chocolate  
525 g

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



Doritos  
**Tortilla Chips**  
210-235 g

**2/\$9**



Coke & Assorted  
**Coca Cola Products**  
20x355 ml

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



Arriba  
**Tortilla Chips**  
235-245 g

**2/\$8**



Lipton  
**Iced Tea**  
12x340 ml

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



Cheetos  
**Snacks**  
170-285 g

**2/\$9**



Powerade  
**Sports Drinks**  
710 ml

**2/\$3**



AHA  
**Sparkling Water**  
12x355 ml

**2/\$10**



Gatorade  
**Sport Drink**  
6x591 ml

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



Coke & Assorted  
**Coca Cola Products**  
6x710 ml

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



Sunkist  
**Fruit Snacks**  
Family Pack  
792 g

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



Dare  
**Wagon Wheels**  
Family Pack  
630 g

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



Brisk  
**Iced Tea**  
12x710 ml

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



Ocean Spray  
**Cranberry Cocktail**  
3 L

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



Red Bull  
**Energy Drink**  
4x355 ml

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





*Chef Heidi's Recipe*  
**Tortilla Soup  
with Chicken**

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



Post  
**Jumbo  
Shreddies**

1.24 kg

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



Kraft  
**Peanut  
Butter**

Smooth  
2 kg

**10<sup>97</sup>**  
ea



Smucker's  
**Pure  
Jam**

1 L

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



Uncle Luke's  
**Maple  
Syrup**

1 L Jug

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



Betty Crocker  
**Bisquick**

Pancake & Baking Mix  
1.13 kg

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



Hunt's  
**Snack  
Pack**

Family Pack  
12x99 g

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



Starbucks  
**Whole  
Bean  
Coffee**

907 g

**21<sup>97</sup>**  
ea



Unico  
**Vegetable  
Oil**

3 L

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



Kikkoman  
**Soy  
Sauce**

1.89 L

**10<sup>97</sup>**  
ea



Allen's  
**White  
Vinegar**

or Pickling  
4 L

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



Louisiana  
**Hot  
Sauce**

946 ml

**6<sup>77</sup>**  
ea



Hellmann's  
**Real  
Mayonnaise**

1.42 L

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



Hengstenburg  
**Crunchy  
Gherkins**

1.5 L

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



Prego  
**Pasta  
Sauce**

1.75 L

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



Italpasta  
**Pasta**

2.27 kg

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



# BIG Family Pack CASELOT SALE

Green Giant  
**Niblets  
Corn**  
12x341 ml



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

Pacific  
**Evaporated  
Milk**  
12x354 ml



**23<sup>97</sup>**  
ea

Guayaki  
**Yerba Mate**  
Organic  
12x458 ml



**\$6**  
FROM EACH  
PURCHASE  
DONATED

**27<sup>97</sup>**  
ea

Bush's Best  
**Baked  
Beans**  
12x398 ml



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

Clover Leaf  
**Light  
Tuna**  
12x170 g



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

Pinata  
**Refried  
Beans**  
12x398 ml



**22<sup>97</sup>**  
ea

Steakhouse  
**Mushrooms**  
12x284 ml



**12<sup>97</sup>**  
ea

Hunt's  
**Tomato  
Paste**  
12x156 ml



**Hunt's 12<sup>97</sup>**  
ea

Zoa  
**Energy  
Drink**  
15x355 ml



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

Stagg  
**Silverado  
Chili**  
6x425 g



**\$3**  
FROM EACH  
PURCHASE  
DONATED

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

Red Rose  
**Orange  
Pekoe  
Tea**  
144's



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

Nongshim  
**Noodle  
Bowls**  
12x86 g



**13<sup>97</sup>**  
ea

Shake 'n Bake  
**Coating  
Mix**  
730 g



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

Christie  
**Premium  
Plus**  
900 g



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

Jayone  
**Roasted  
Seaweed**  
120 g



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

Duraflame  
**Firelogs**  
6x6lb



**39<sup>97</sup>**  
ea



**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

**\$3 FROM EACH PURCHASE DONATED**

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

Look for the **Help Fill A Dream "Cloud"** for participating items in this flyer.

**\$3 FROM EACH PURCHASE DONATED**

# HOUSE, HOME & Pet

 <p>Pedigree  <b>Vitality Dog Food</b>            14 kg</p> <p><b>36<sup>97</sup></b>            ea</p>	 <p>Pedigree  <b>Marrobone</b>            1.9 kg</p> <p><b>9<sup>97</sup></b>            ea</p>	 <p>Purina  <b>Cat Chow</b>            8 kg</p> <p><b>25<sup>97</sup></b>            ea</p>	 <p>Temptations  <b>Cat Treats</b>            454 g</p> <p><b>7<sup>47</sup></b>            ea</p>
 <p>Clorox  <b>Clean Linen Bleach</b>            3.57 L</p> <p><b>6<sup>77</sup></b>            ea</p>	 <p>Dawn Ultra  <b>Dish Detergent</b>            982 ml</p> <p><b>4<sup>47</sup></b>            ea</p>	 <p>Snuggle Cuddle Up  <b>Fabric Softener</b>            3.41 L</p> <p><b>10<sup>97</sup></b>            ea</p>	 <p>Arm &amp; Hammer  <b>Laundry Detergent</b>            2.96 L</p> <p><b>11<sup>97</sup></b>            ea</p>
 <p>Neo Citran  <b>Cold Medicine</b>            10 Pack</p> <p><b>11<sup>97</sup></b>            ea</p>	 <p>Alcan  <b>Aluminum Foil</b>            100 ft</p> <p><b>5<sup>77</sup></b>            ea</p>	 <p>Caboo  <b>Bathroom Tissue</b>            24 Pack</p> <p><b>18<sup>97</sup></b>            ea</p>	 <p>Full Circle  <b>Garbage Bags</b>            100's</p> <p><b>11<sup>47</sup></b>            ea</p>



# Dairy FRESH



Island Farms  
**Egg Nog**  
2 L

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



Island Farms  
**Cream Cheese**  
1 kg

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



Island Farms  
**Chocolate Milk**  
4 L

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



Island Gold  
**Large Eggs**  
Free Run  
18 Pack

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



Becel  
**Margarine**  
1.7 kg

**12<sup>97</sup>**  
ea



Island Farms  
**Sour Cream**  
750 ml

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



Castello  
**Havarti Cheese**  
425 g

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



Tre Stelle  
**Moza Ball**  
3x250 g

**12<sup>97</sup>**  
ea

# FROZEN Foods



Island Farms  
**Premium Ice Cream**  
or Frozen Yogurt  
1.65 L

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



El Monterey  
**Taquitos**  
595 g

**10<sup>97</sup>**  
ea



Snowcrest  
**Perfectly Imperfect**  
Frozen Fruit  
1.75 kg

**10<sup>97</sup>**  
ea



Kellogg's  
**Eggo Waffles**  
Family Pack  
48s

**12<sup>97</sup>**  
ea



Magnum  
**Ice Cream Novelties**  
3-4s

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



McCain  
**Superfries**  
Family Packs  
1.45-1.8 kg

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



Bassili's Best  
**Lasagna**  
1.5 kg

**10<sup>97</sup>**  
ea



Heinz  
**Bagel Bites**  
882 g

**10<sup>97</sup>**  
ea

# Bakery FRESH



**THIS  
WEEK'S  
HOT BUY**

*Made, RIGHT  
Here*



Fresh Baked  
**Family Bread**  
White or Wholewheat  
570 g

**1.97**  
ea



Fresh Baked  
**Tarts**  
Butter or Almond  
6s

**4.97**  
ea



Fresh Baked  
**Hoagie Buns**  
8s

**2/\$6**



Fresh Baked  
**Family Pack Cookies**  
18s

**7.77**  
ea

Rainbow or Chocolate Chip



Fresh  
**Buttermilk Cake Donuts**  
8s

**2/\$10**



Dempster's  
**Bagels**  
6s

**2/\$8**



Portofino  
**European Dark Rye**  
630 g

**4.97**  
ea



**TREATS  
of the  
WEEK**

*Made with Fresh  
Island Farms  
Whipping Cream!*

Fresh  
**Chocolate Eclairs**  
2 Pack

**6.97**  
ea



Dempster's  
**Whole Grains Breads**  
600 g

**3.97**  
ea



Fresh  
**Chocolate Fudge Cakes**

Whole

Half

**19.97**  
ea

**11.97**  
ea

*Made RIGHT Here Using  
only 'Our Signature REAL  
BUTTER cream (ing)!*



# 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!



**Family Pack CASELOT SALE**



Peru  
**Jumbo Blueberries**

Big 18 oz Clamshell

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



Vancouver Island Grown  
**Russet Potatoes**

Big 10 lb Bags

Grown on Lazo Tye Farm

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

**NEW to Country Grocer!**



Washington  
**Yellow Onions**  
Big 25 lb Bags

**Red Onions**  
Big 10 lb Bags



**12<sup>97</sup>**  
ea



*Citrus Mania*

**Ruby Red Grapefruit**

3 lb Bags



**Navel Oranges**  
3 lb Bags



California  
**Clementine Mandarins**  
2 lb Bags

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



B.C. Grown  
**Carrots**  
Big 5 lb Bags

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



B.C. Grown  
**Avalantino Tomatoes**

1 lb Clamshell



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



Vancouver Island Grown  
**Red Beets**

Big 5 lb Bags

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



B.C. Grown  
**Long English Cucumbers**

3 Pack



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



B.C. Grown  
**Coloured Peppers**  
2 lb Bags

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



B.C. Grown  
**Anjou Pears**  
3 lb Bags

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



Direct Source produce

B.C. Grown  
**Gala & Ambrosia Apples**  
Big 8 lb Bags

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



Mexico  
**Red Grape Tomatoes**  
Big 2 lb Clamshell

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



Fresh Certified

# ORGANIC PRODUCE



ORGANIC U.S.  
Carrots  
2 lb Bags



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



ORGANIC B.C. Grown  
McIntosh  
Apples  
3 lb Bags



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

ORGANIC U.S.

## Navel Oranges

4 lb Bag



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

ORGANIC Mexico  
Red Bunched  
Beets



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



ORGANIC B.C. Grown  
Yellow Pugly  
Potatoes  
5 lb Bags



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

ORGANIC Alberta  
Yellow  
Onions  
3 lb Bag



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

ORGANIC Mexico  
Grape  
Tomatoes  
1 Pint Clamshell



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

### 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



Mini Roses  
6 inch

**12<sup>97</sup>** ea



Assorted  
Cyclamen  
4 inch

**50¢**  
FROM EACH PURCHASE  
DONATED

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

You'll feel like family.



Vancouver Island Owned  
& Operated Since 1984



Terra Breads  
Artisan  
Granola  
800 g

12<sup>77</sup>  
ea



Mr. Noodles  
Instant  
Noodles  
12x85 g

4<sup>97</sup>  
ea



Blue Diamond  
Almond  
Breeze  
12x946 ml

26<sup>97</sup>  
ea



Annie's  
Organic  
Mac & Cheese  
12x170 g

22<sup>97</sup>  
ea



Pepsi & Assorted  
Pepsi  
Products  
24x355 ml

10<sup>77</sup>  
ea



Heinz  
Original  
Beans  
9x398 ml

10<sup>97</sup>  
ea

While Stocks Last



Dairyland  
Milk 2 Go  
Chocolate Milk  
6x200 ml

3<sup>97</sup>  
ea

While Stocks Last



Gia  
Basmati  
Rice  
8 lb

8<sup>97</sup>  
ea



**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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and vegetable oil based ink.

**We have an App!**



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our social media.

Selection may vary by store.

Deposits and/or environmental fees extra where applicable.

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

**649 Extra 649**

Lotto Centre at all locations  
(Except Salt Spring)

**GF**

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Gluten Free  
Savings!

Proud Member Of

