

You'll feel like family.



Vancouver Island
Owned & Operated
Since 1984

B.C. Grown
Fresh
**Brussels
Sprouts**

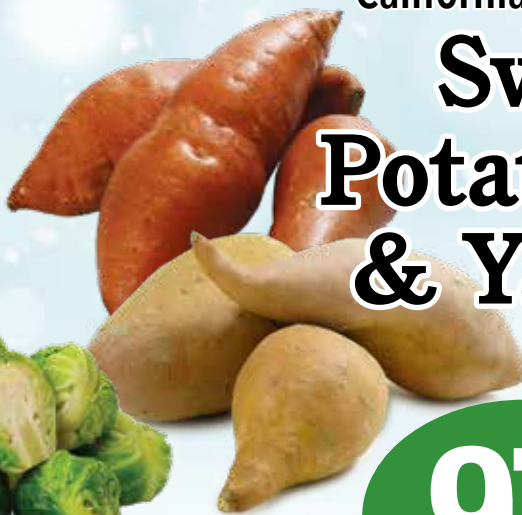


1.27
lb
2.80 kg



California #1 Grade
**Sweet
Potatoes
& Yams**

.97
lb
2.14 kg



Fresh Lilydale
**A Grade
Turkeys**
All Available Sizes

2.47
lb
5.45 kg



Christie
**Snack
Crackers**

180-200 g

3/\$8



Kraft
**Stove Top
Stuffing**
120 g

4/\$5



Washington
**Russet
Potatoes**
Big 10 lb Bags

2.97
ea
BAG



China
**Mandarin
Oranges**
4 lb Box

4.97
ea



Island Farms
**Traditional
Egg Nog**
2 L

4.97
ea



Easy Carve

Sugardale
**Spiral
Smoked
Hams**

3.97
lb
8.75 kg



Häagen-Dazs
**Ice
Cream**
414-450 ml

4.97
ea



In Our Bakery

Deep Dish
**Pumpkin
Pies**
9"

Made Fresh
In Stores!

6.97
ea



Landana

Big Savings!!

Imported Dutch
**Mild
Gouda**
Random Cuts

2.77
100 g



www.countrygrocer.com

SALE ON AT ALL STORES: FRIDAY Dec. 20 - THURSDAY Dec. 26, 2024 except Salt Spring: WEDNESDAY Dec. 18 - MONDAY Dec. 23, 2024

PAGE 1



Butcher's
BEST



Cut from Canada **AAA** Beef

**Top Sirloin
Premium Oven
Roasts**

6⁹⁷
lb
15.37 kg



Frozen Lilydale
A Grade Turkeys
Under 9 kgs

*With the
Purchase of a
Family Order*

167
lb
3.68 kg



Sugardale
**Smoked
Ham**
Butt or Shank End

247
lb
5.45 kg



Mitchell's
**Toupie Style
Ham**
Boneless, 1.5 kg

1297
ea

Buy BC and Support **LOCAL FARMERS**



Fresh Lilydale
**Chicken
Thighs**
Family Packs

397
lb
8.75 kg



Fresh Ovation New Zealand
**Whole Lamb
Legs**
Free Range Lamb
100% Grass Fed

897
lb
19.78 kg



751 Smokehouse
Smoked Ham
Butt or Shank End



397
lb
8.75 kg



Rosstown Farms
*Raised
Without
Antibiotics*
**Fresh
Turkeys**

397
lb
8.75 kg



Victoria Acres Farms
Fresh Turkeys
From Comox Valley
7-9 Kg

597
lb
13.16 kg

Butcher's **CHOICE**



Easy Meals

Stuffed With Dressing
**Pork
Tenderloin**

697
lb
15.37 kg



Farmhouse Poultry
Chicken Breasts
Boneless, skinless
All Sizes

*It's Fresher from
Here!*

797
lb
17.57 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 Sockeye Salmon Fillets

Skin on, pin bone removed

347
100 g

Previously Frozen



East Coast Lobster Tails

85-113 g

797
ea

Previously Frozen or Frozen



WILD Sockeye Salmon Lox Trim
Previously Frozen

397
100 g



Aqua Star Shrimp Ring with Sauce
284 g

697
ea

Frozen



Aqua Star Appetizers & Prawns

255-680 g
Excluding Shrimp Rings

20% OFF
AT CHECKOUTS

Frozen



Hardy Buoys Smoked Sockeye Salmon Nuggets

597
100 g

Regular, Peppered or Maple

East Coast Scallops
10-20 Scallops per lb
Previously Frozen



697
100 g

Extra MEAT SAVINGS

Mix and Match



Grimm's Fine Foods Classic Sausage Rings

Assorted Flavours
300 g

2/\$12



Mix and Match



McSweeney's Beef Jerky

Assorted Varieties
70 g

3/\$15



Mix and Match



Johnsonville Sausages

Breakfast of Dinner
250-500 g

2/\$12



Mix and Match



Siwin Pot Stickers or Dumplings

Chicken or Pork w/Vegetables
Frozen, 454-500 g

2/\$12



Harvest Meat Smoked Sliced Bacon

Assorted Flavours
500 g

1197
ea



Grimm's Fine Foods Pepperoni

Assorted Varieties
450 g

797
ea



Grimm's Fine Foods Ham Steaks

Old Fashioned or Honey
240 g

2/\$10



Mix and Match



Fresh Olivieri Filled Pasta Gnocchi

Assorted Varieties
280-350 g

2/\$11



DELI

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

Look for them today at your favourite location.



Premium
**Classic
Ham**

2⁷⁷
100 g



Beer
or Lyoner
Sausage

2³⁷
100 g



**Turkey
Breast**

Oven Roasted Plain,
Smoked or
Sun Dried Tomato

2⁹⁷
100 g



**Salami
Chubs**

Assorted Varieties
300 g

12⁹⁷
ea



**Pepperoni
Bites**

Assorted Varieties
300-375 g

9⁹⁷
ea



**Italiano
Charcuterie**

175 g

14⁹⁷
ea

CHEESES *from Around the* WORLD



Canadian
Havarti

Assorted Varieties
170-200 g

2/\$10



Imported German
Cambozola

Random cuts

5⁶⁷
100 g



Imported Switzerland
**Emmental
Cheese**

Random Cuts

4⁹⁷
100 g



Imported Switzerland

Gruyere

Random Cuts

5⁹⁷
100 g



Big Savings!

Imported Spanish
Manchego
12 Months Aged

3⁷⁷
100 g



Canadian
**Boursin
Cheese**

Assorted Varieties
150 g

6⁹⁷
ea





Fresh TO GO

Prepared In-House...

We have you covered at Country Grocer



Snack Platters

Pepperoni & Cheese or
Garlic Sausage & Cheese



Great for holiday entertaining!

17⁹⁷ ea

Stop in and pick up one of our snack platters in our deli departments.



B.C. Made!

Premium 8" Tourtiere Meat Pies

A seasonal favorite! 760 g

12⁹⁷ ea



Arbutus FARMS KITCHEN



Great holiday side dishes!

Traditional Stuffing

or Candied Yams
400-454 g

6⁹⁷ ea

DIVINA®



Stuffed Olives, Tapenade and more!

Divina 290-320 ml

8⁹⁷ ea



Vancouver Island Made!



Lil' Big Dip Co Fresh Dips

Spinach, Corn, Onion or Cheese
227 g

4⁹⁷ ea

Fresh SUSHI

Freshly Made In-House Daily

Maki Sushi Combo

16 Piece



12⁹⁷ ea

Freshly Made In-House Daily

Regular or Spicy California Sushi Rolls

12 Piece



6⁹⁷ ea

Prepared Fresh In-House Daily

Fruit Platters

Approx. 1.2 Kg

15⁹⁷ ea



Large Veggie Platters

Approx. 1.7 Kg

17⁹⁷ ea



Prepared Fresh In-House Daily

Country Grocer Fresh Cranberry Sauce

Approx. 250 g

2/\$7



BULK Foods

Baking

Walnuts

Crumbs, Pieces & Halves



1⁹⁷ 100 g

Baking

Pecans

Halves, Pieces



4²⁷ 100 g

Country Grocer

Licorice Allsorts

300 g



3⁹⁷ ea

Country Grocer

Dried Cranberries

250 g



3⁹⁷ ea



Natural & ORGANIC



Earth's Own
Oat Nog
946 ml

2/\$6

While Stocks Last



Rice Works
Rice Snacks
155 g

3⁷⁷
ea



Level Ground
Organic Coffee
or Natural
300 g

8⁹⁷
ea

Fair Trade



Better than Bouillon
Soup Base
Organic
227 g

8⁹⁷
ea



Buderim
Ginger Beer
4x250 ml

5⁹⁷
ea



Canadian Heritage
Maple Syrup
Organic
250 ml

5⁹⁷
ea



Farmer's Market
Organic Pumpkin
or Pie Mix
398 ml

2/\$7



Green Organic
Frozen Edamame
Organic
500 g

4⁹⁷
ea



Everland
Pasta Sauce
Organic
739 ml

4⁹⁷
ea



Rummo
Gluten Free Pasta
400 g

3⁹⁷
ea



Better Bears
Gummy Candies
Vegan
50 g

2/\$6



Savor
Grassfed Butter
250 g

5⁹⁷
ea



Vitamins & SUPPLEMENTS



THE ORGANIKA WAY;
Our promise is to innovate & create high quality wellness products to help you live healthier.



Organika Products

20% OFF
AT CHECKOUTS

Natural and effective skincare that's good for you, your wallet, and the environment too. At Sukin, we say NO to ingredients and processes that cause harm to ourselves and the environment we live in. It is our belief that everything we need to make the products you love can be found in nature.



Sukin Bodywash & Body Lotion

500 ml

Hot Price

11⁹⁷ ea



Combining the power of sustainably sourced, organic, gelatinized maca and KSM-66 Ashwagandha™ to support libido and mood balance during menopause.



Webber Naturals Maca For Women

60 Caps

25⁹⁷ ea



Sukin Hand & Nail Cream

125 ml

Hot Price

7⁹⁷ ea



Prairie Natural Vitamin D

15 ml



9⁹⁷ ea

A centuries-old blend of essential oils that can be used diluted or as a base in many DIY recipes for household cleaners and wellness products.



Marseille Remedy

30 ml

21⁹⁷ ea

Whether you're fighting off mid-day hunger or need a boost to aid in post-workout muscle recovery, our protein bars are made with 20g of plant-based protein, easy-to-digest carbs, and an indulgent chocolate coating for a bar that's not only nutritious but tastes good too.



Probar Protein Bar

70 g

3⁹⁷ ea



The original functional food. Unpasteurised, raw and delicious, this Non-GMO Project verified superfood is packed and sourced exclusively from New Zealand and is a multitasking superfood.



Wedderspoon Manuka Honey

250 g

21⁹⁷ ea



Helps in the maintenance of bones, cartilage, teeth, and connective tissue. May help prevent bone loss. Helps maintain proper muscle function.



CanPrev Inno-Cal-Mag

120 Caps

31⁹⁷ ea



Webber Naturals Vitamin C

500 mg chewable
300 Tabs

13⁹⁷ ea



Party Smart

1 Cap

2/\$5

Box of 10

24⁹⁷ ea

Real kombucha is raw, unpasteurized and filled with good bacteria and yeast that have many health benefits.



Rise Kombucha

1 L

8⁹⁷ ea





Maddie, Justin,
and Ally.
Meat Department
Royal Oak

GROCERY



Pepsi & Assorted
**Pepsi
Products**
2L

2/\$4



Old Dutch
**Potato
Chips**
235 g

3⁷⁷
ea



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

9⁹⁷
ea



Lay's
**Minis
Snacks**
5 Varieties
81-145 g

2/\$7



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

5⁴⁷
ea

**NEW to
Country Grocer!**



Pringles Mingles
**Puffed
Snacks**
155 g

2/\$7



Whittaker's
**Chocolate
Slabs**
50 g

3/\$5



Lindt
**Excellence
Bars**
100 g

2/\$8



Monster
**Energy
Drinks**
444-473 ml

3/\$8



Old Dutch
**Tortilla
Chips**
Restaurante
230-295g

3⁷⁷
ea



Miss Vickie's
**Potato
Chips**
190-200 g

2/\$8



Doritos
**Tortilla
Chips**
210-235 g

2/\$9



OMG
**Chocolate
Clusters**
100 g

2/\$8



Starbucks
**Coffee
Beverages**
405-444 ml

2/\$5



Peace Tea
**Iced
Teas**
695 ml

4/\$5



Chef Heidi's Recipe Beautiful Brunch Bowls

Find the recipe at countrygrocer.com



COOKIN' ON THE COAST

Saturdays at 6:00 PM
on CHEK



Kellogg's
Cereal
320-525 g

4⁴⁷
ea



St Dalfour
**Fruit
Spread**
225 ml

4⁴⁷
ea



Country Grocer
**Peanut
Butter**
Natural
1 kg

5⁹⁷
ea



SunRype
**Apple
Sauce**
625 ml

2⁹⁷
ea



Club House
**Gravy
Mixes**
21-47 g

.97
ea



Green Giant
**Canned
Vegetables**
341-398 ml

3/\$5



Knorr
**Soup
Mixes**
40-83 g

2/\$4



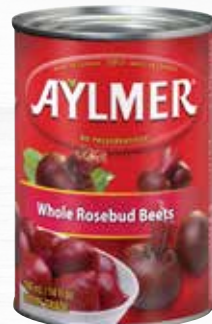
Oxo by Knorr
**Instant
Bouillon**
72 g

2⁹⁷
ea



Idahoan
**Mashed
Potatoes**
113-116 g

3/\$5



Aylmer
**Sliced
Beets**
or Rosebuds
398 ml

1⁷⁷
ea



Ocean Spray
**Cranberry
Sauce**
348 ml

2/\$4



Foley's
**Chocolate
Chippers**
300 g

2⁹⁷
ea



Rogers
Flour
10 kg

10⁹⁷
ea



Betty Crocker
**Cake
Mix**
SuperMoist
375-404 g

2/\$5



Dole
Pineapple
398 ml

1⁹⁷
ea



Merry Christmas & Happy Holidays



Maxwell House
Ground Coffee
864 g

8⁹⁷
ea



Bick's
Premium Pickles

or Original
1 L

4⁹⁷
ea



Martinelli's
Sparkling Cider
Original Apple
750 ml

2/\$9



Dalla Terra
Mediterranean Antipasto

Also Red Pepper
375 ml

2⁹⁷
ea



Krinos
Kalamata Olives

Also Meze or Green
500 ml

4⁹⁷
ea



Molson Exel
Non-Alcoholic Beer

12x355 ml

7⁹⁷
ea



Leclerc
Celebration Cookies

240 g

2/\$7



Dare
Veggie Crisps

100 g

2/\$6



Clover Leaf
Smoked Oysters

or Mussels
85 g

1⁹⁷
ea



Panache
Italian Soda

750 ml

2/\$6



Cheez-It
Snack Crackers

191-200 g

2⁷⁷
ea

From Our Fields To Your Table



Green Giant
Restaurant Sides

Frozen
297-340 g

2/\$7



Green Giant
Valley Selections

Frozen
400-500 g

2⁹⁷
ea



Green Giant
Frozen Vegetables

750 g

2/\$6



Green Giant
Simply Steam

Frozen
198-250 g

2/\$4



HOLIDAY

Store Hours

MERRY CHRISTMAS

SALT SPRING

Christmas Eve
7am-6pm
Christmas Day
CLOSED

Boxing Day
10am-6pm

New Years Eve
7am-6pm
New Years Day
10am-6pm

LAKE COWICHAN

Christmas Eve
7am-5pm
Christmas Day
CLOSED

Boxing Day
10am-6pm

New Years Eve
7am-6pm
New Years Day
10am-6pm

CHASE RIVER
BOWEN ROAD
ROYAL OAK
ESQUIMALT
COBBLE HILL
DUNCAN
LADYSMITH
CEDAR
CHEMAINUS

Christmas Eve
7am-6pm
Christmas Day
CLOSED
Boxing Day
10am-6pm
New Years Eve
7am-6pm
New Years Day
10am-6pm



HOUSE, HOME & Pet



Granny's
Laundry Detergent
2x Concentrate
3.78 L

6⁹⁷
ea



Purex
Bathroom Tissue
Ultra or Ultraluxe
8 Triple Roll = 24 Roll

7⁷⁷
ea



Bounty
Paper Napkins
200s

4⁹⁷
ea



Dr. Teal's
Epsom Salts
or Foam Bath
1 L-1.36 kg

8⁴⁷
ea



Full Circle
Garbage Bags
24's

2/\$4



SOS
Soap Pads
10's

1⁹⁷
ea



Glad
Press 'n Seal Wrap
70 ft

3⁹⁷
ea



Club Supreme
Aluminum Foil
25 ft

1⁹⁷
ea



Temptations
Cat Treats
85 g

3/\$5



Fancy Feast
Cat Food
85 g

9/\$10



Cesar
Dog Treats
150-180 g

2/\$6



Purina Beneful
Dog Food
7 kg

24⁹⁷
ea



Dairy FRESH



Island Farms
18% Table Cream
or Natrel Whip Cream
473 ml-1 L

4⁴⁷
ea



Island Farms
Whipping Cream
473 ml

3⁴⁷
ea



Starbucks
Iced Coffee
1.18-1.42 L

6⁹⁷
ea



Lactantia
Salted Butter
454 g

5⁴⁷
ea



Lactantia
Cream Cheese
227-250 g

2/\$7



Island Farms
Whip Cream
Aerosol Can
400 g

5⁹⁷
ea



Island Farms
Sour Cream
500 ml

3⁴⁷
ea



Danone
Oikos Yogurt
or Multipack (12x100 g)
650-750 g Tub

5⁹⁷
ea

FROZEN Foods



Island Farms
Premium Ice Cream
or Frozen Yogurt
1.65 L

5⁹⁷
ea



McCain
Superfries
600-650 g

2/\$7



Hungry Man
Entrée Dinners
or Bowls
360-455 g

4⁹⁷
ea



Krinos
Spanakopita
340 g

5⁹⁷
ea



Sara's
Ice Cream Cake
1.4 L

17⁹⁷
ea



Cavendish
Hashbrown Patties
600 g

2⁹⁷
ea



Wong Wing
Wonton Soup
426 ml

3⁹⁷
ea



Red Baron
Classic Pizza
or Deep Dish
318-665 g

4⁹⁷
ea

Bakery FRESH



**THIS
WEEK'S
HOT BUY**



Deep Dish
**Pumpkin
Pie**

9"

6⁹⁷
ea

*Made,
RIGHT
Here*



*White or
Wholewheat*

Fresh Baked
**Tray
Buns**
12 Pack

2/\$6



Ideal for dips!

Fresh Baked
Signature
**Sourdough
Bread**
600 g

3⁹⁷
ea



*Made with
real Butter!*

Fresh Baked
Croissants
6 Pack

4⁹⁷
ea



Three Varieties

Golden West
**English
Muffins**
6 Pack

2/\$5



Dempster's
**English
Muffins**
6 Pack

3⁴⁷
ea



Little Northern Bakehouse
**Gluten Free
Dinner
Rolls**
220 g

6⁹⁷
ea



A Family Favorite!

Fresh
Fruit Trifle
1100 g



*Made, RIGHT
Here
using only Fresh
Island Farms
Whipping Cream!*

12⁹⁷
ea



Dempster's
**Signature Breads
and Bagels**
600-680 g, 5 Pack

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!



We have all of your Produce fixins for Christmas



B.C. Grown Fresh

Brussels Sprouts



1²⁷
lb
2.80 kg

California #1 Grade
Sweet Potatoes & Yams

.97
lb
2.14 kg

China
Mandarin Oranges

4 lb Box



4⁹⁷
ea



U.S. Grown
Broccoli Crowns



2⁹⁷
lb
6.55 kg



California
Cranberries

12 oz Bags



2/\$5

Washington
Russet Potatoes

Big 10lb Bags



2⁹⁷
ea
BAG



B.C. Grown
Green Cabbage & Yellow Turnips

.97
lb
2.14 kg



California
Crisp Celery

2⁹⁷
ea



Vancouver Island Grown
Hard Squash

.97
lb
2.14 kg

- Butternut
- Acorn
- Spaghetti



Mexico
Green Onions, Radishes & Cilantro

.97
ea
Bunch



Costa Rica
Sweet Pineapples

4⁹⁷
ea



B.C. Grown
Roots Organic
Fresh Herbs Assorted

1⁹⁷
ea



1 oz Packages



Vancouver Island Grown
Fresh Parsnips

2⁹⁷
lb
6.55 kg



Washington
Yellow Onions

2⁹⁷
ea



California
Garden Salad & Coleslaw

2⁹⁷
ea



U.S. Litehouse
Fresh Salad Dressing

4⁹⁷
ea



384ml Jar



Peru
Blueberries

Big 18oz Clamshell

6⁹⁷
ea



B.C. Grown
Sweet Nante Carrots

3⁹⁷
ea





Fresh Certified

ORGANIC PRODUCE



ORGANIC Mexico
Bunched Broccoli

3⁹⁷
lb
8.75 kg



ORGANIC Mexico
Grape Tomatoes

3⁹⁷
ea
PINT



ORGANIC California
Earthbound
Salads

Big 1 lb Clamshells

6⁹⁷
ea

- Spring Mix
- Baby Spinach
- Baby Spinach & Spring Mix



ORGANIC U.S.
Carrots
2 lb Bag

or Alberta
Yellow Onions
3 lb Bag

3⁹⁷
ea



ORGANIC Quebec
Cranberries
227 g Bag

227 g Bag

or Herb Poultry
Bird Mix
2 oz Bag

4⁹⁷
ea



ORGANIC B.C. Grown
Russet Potatoes
5 lb Bag

5⁹⁷
ea

ORGANIC U.S.
Yams
3 lb Bag



8⁹⁷
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.cpma.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



Large Seasonal Bouquet



39⁹⁷
ea



Christmas Carol Bouquet



38⁹⁷
ea



Cube Arrangement



36⁹⁷
ea



Everyday Elegance Arrangement



26⁹⁷
ea



Eurosa's Mini Lights Bouquet



32⁹⁷
ea



Frosted Cranberries Bouquet



28⁹⁷
ea



Holiday Glitz Bouquet



19⁹⁷
ea



Christmas Countdown Bouquet



13⁹⁷
ea



You'll feel like family.

Vancouver Island Owned & Operated Since 1984



Mott's
**Clamato
Juice**
1.89 L

2/\$7



Parkay
**Soft
Margarine**
1.28-1.36 Kg

6⁹⁷
ea



Faith Farms
**Natural
Cheese**
360-380 g

2/\$12



Pepsi & Assorted
**Pepsi
Products**
12x355 ml

2/\$13



Green Giant
**Frozen
Vegetables**
750 g

2/\$6



Cheemo
**Frozen
Perogies**
907 g

2/\$5



In Our Deli
**Imported Spanish
Manchego**
Aged 12 Months
Random Cuts

Big Savings!
3⁷⁷
100 g
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



Lotto Centre at all locations
(Except Salt Spring)



Look for our
Gluten Free
Savings!

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