

save on foods

feel good with
**HEALTHIER
CHOICES**



LIVE STRONG

with smart protein habits



\$14.99 EACH
Clif Bar Sport Bars
10-Pack



\$14.99 EACH
Clif Builder Bars
Multipack (6 x 68g) or Minis (10 x 34g), Selected Varieties



2 for \$6
Clif Builders Protein Bar
Selected Varieties, 68g



2 for \$6
Clif Sport Bar
Selected Varieties, 68g



\$44.99 EACH
Core Power Sports Drinks
12 x 414 mL



\$30.99 EACH
Organika Creatine Powder
Fruit Punch Flavour, 600g



\$3.99 EACH
Core Power Protein Drink
414 mL



\$4.99 EACH
Core Power Elite Protein Drink
Chocolate, 414 mL

Fuel your day with protein bars, powders and ready-to-drink shakes. Choose from whey blends to support workouts, recovery, and busy schedules



Banana Peanut Butter Coffee Smoothie

[SEE RECIPE](#)



Boost energy by adding protein powder to coffee.

Protein Vanilla Cinnamon Latte

[SEE RECIPE](#)



30% Off
Organika Electrolytes
Sachets, Selected Varieties, 20's



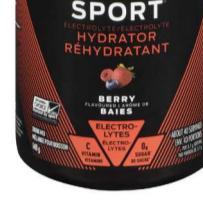
\$58.49 EACH
Vega One Nutritional
Shake Mix
Selected Varieties, 827g



15% Off
Vega Protein + Creatine
Selected Varieties, 864g or 918g



15% Off
Vega Sport Protein
Selected Varieties



\$31.99 EACH
Vega Hydrator
Selected Varieties, Tub, 168g



\$29.99 EACH
Vega Protein & Greens
Powder
Selected Varieties



\$13.99 EACH
Liquid I.V. Hydration
Multiplier

Selected Varieties, 6-Pack



\$29.99 EACH
Liquid I.V. Hydration
Multiplier

Selected Varieties, 16's



\$50.99 EACH
Organika Protein
Hydrator

Wild Raspberry or Classic Lemon-

ade, 650g

SMART HYDRATION

for better living

Boost your energy every day
with protein-packed,
electrolyte-rich functional drinks.

Elevate smoothie bowls with frozen
fruit, convenient, nutrient-rich, and
packed with natural flavour.

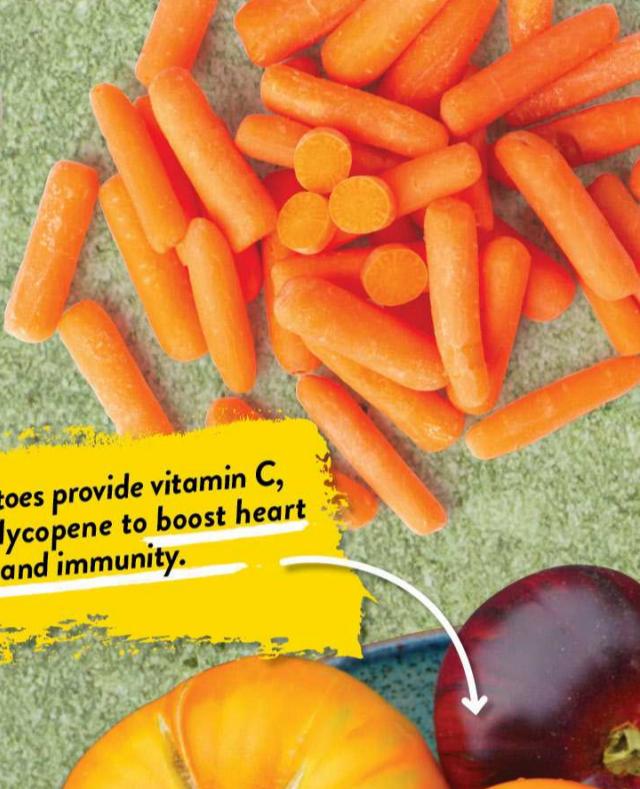
HEALTHIER LIVING

starts here

White mushrooms offer low-calorie protein, antioxidants, and vitamin D for immunity and bone health.



Heirloom tomatoes provide vitamin C, potassium, and lycopene to boost heart health and immunity.



Healthy choices every day

add up. Small steps lead to

lasting wellness and vitality.



\$3.99 EACH
Organic Kale
California, Selected Varieties



\$9.99 EACH
Organic Navel Oranges
California, 4 lb Bag



\$6.99 EACH
Organic Lemons
California, 2 lb Bag



2 for \$6
Organic White
Mushrooms
or Crimini, BC, 227g



\$3.99 EACH
Organic Baby Peeled
Carrots
California, 1 lb Bag



\$6.79 LB
Organic Heirloom
Tomatoes
BC

HEALTHIER BITES

for busy weeks



Raspberries' antioxidants reduce oxidative stress, supporting heart health and lowering chronic disease risk.

Raspberry Power Muffins

[SEE RECIPE](#)



\$5.49 EACH
Lundberg Organic Ready to Heat Rice
Selected Varieties, 227g



\$4.99 EACH
Pacific Foods Organic Broth
Selected Varieties, 946 mL



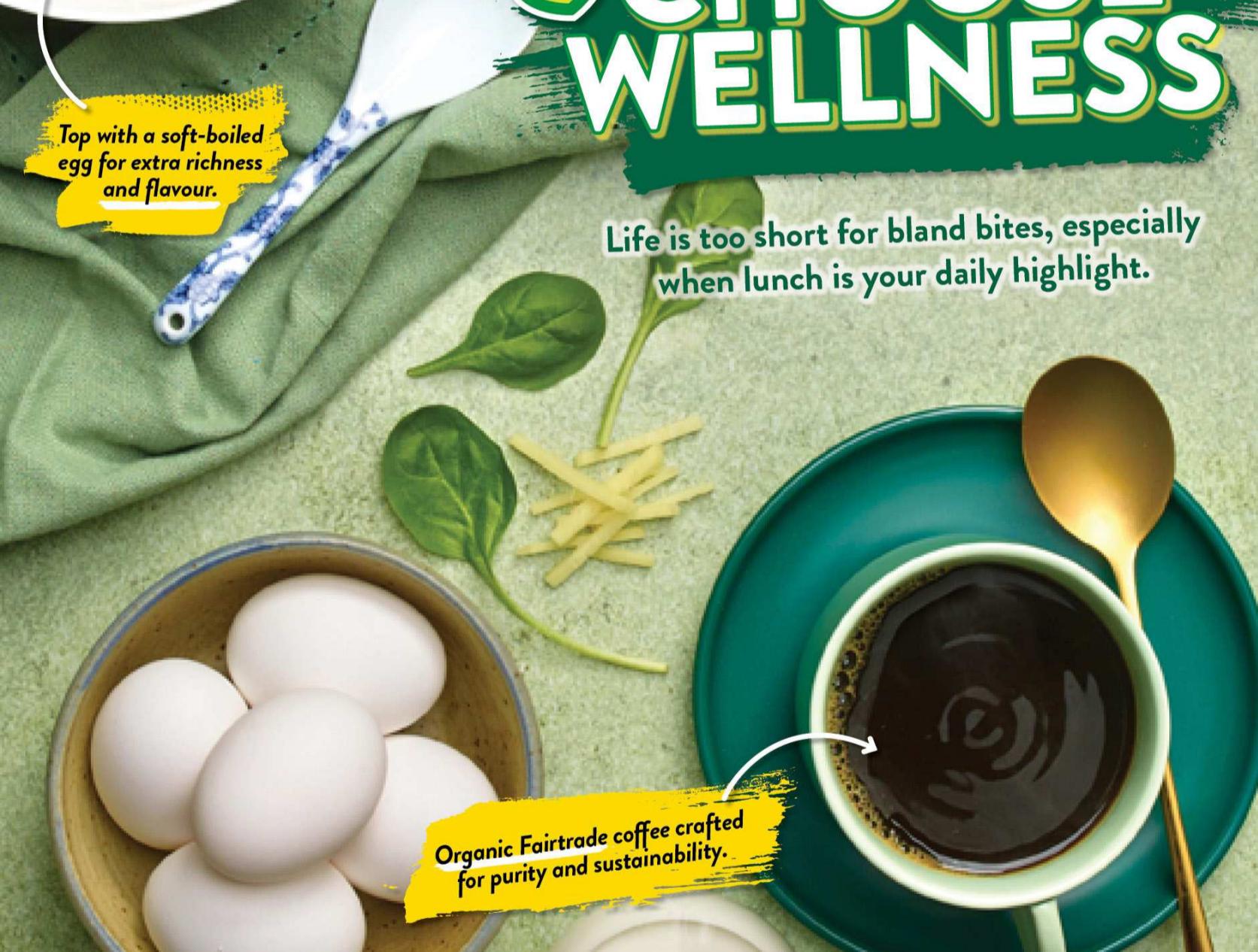
Packed with nutrients, antioxidants and better for the planet too.



Top with a soft-boiled egg for extra richness and flavour.

choose organic
CHOOSE WELLNESS

Life is too short for bland bites, especially when lunch is your daily highlight.



Organic Fairtrade coffee crafted for purity and sustainability.



\$7.99 EACH
Pacific Foods Organic Soup
Selected Varieties, 1 Litre



\$11.99 EACH
Lundberg Organic Rice
Selected Varieties, 907g



\$19.99 EACH
Only Goodness Organic Whole Bean Coffee
Selected Varieties, 400g



\$5.99 EACH
Liberte Kefir
Selected Varieties, 1 Litre

Boost digestion with probiotics and prebiotics

Kefir supports gut health, boosts immunity, and is rich in calcium and protein.



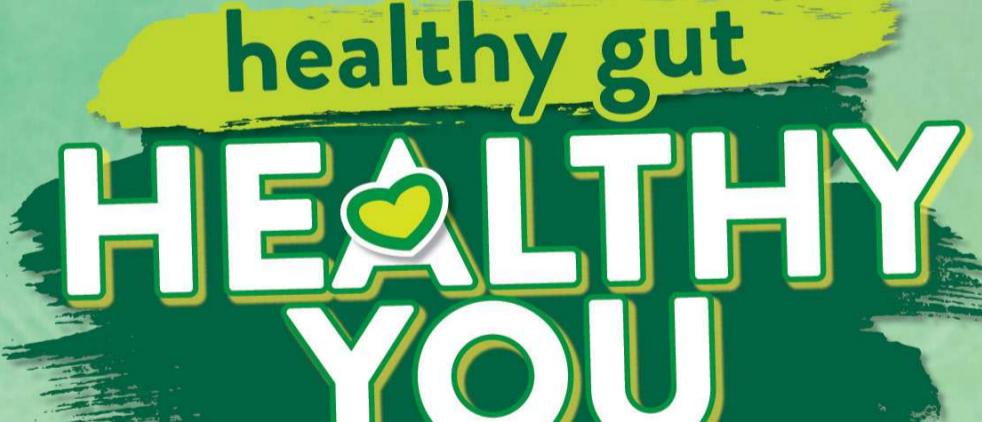
\$6.49 EACH
Danone Activia Expert
Yogurt
Selected Varieties, 750g



2 for \$7

Danone Activia Yogurt

Selected Varieties, 650g



\$4.99 EACH

Bigelow Specialty Tea

20's



2 for \$5

Cove Soda

Selected Varieties, 355 mL

SNACK HAPPY

feel good all day long



\$8.99 EACH
Kind Bars
Selected Varieties, 5 x 40g



\$6.99 EACH
Kind Granola
Selected Varieties, 312g



\$8.99 EACH
Kind Minis
200g

Low sugar. Big flavour. Snack with care, live with purpose, and let every bite and sip fuel your best self.



\$11.49 EACH
Splenda Sweetener
Selected Varieties, 200's



2 for \$6
Only Goodness Fizz Soda
Selected Varieties, 355 mL



\$6.99 EACH
Splenda Brown Sugar Blend
454g



\$7.99 EACH
Stevia Liquid Sweetener
(100 mL) or Jar (280g), Selected Varieties

START WITH BALANCE

not perfection

Fibre-rich foods like fruits, and whole grains keep you full, support digestion, and help maintain energy.



\$4.99 EACH
Kellogg's Special K Cereal
(355g) or Vector Peanut Butter
(306g), Selected Varieties



\$5.99 EACH
Kellogg's All Bran Buds Cereal
500g



Buy 2 Get 500 Points
Kellogg's Vector Granola
Vanilla or Chocolate, 311g



\$6.99 EACH
Kashi Cereal
Selected Varieties, 479g or 510g

Fibremaxxing is about boosting the fibre content in your meals which supports:
blood sugar levels, heart and gut health and can help with weight management.

SMART SIPS

for better living

Discover non-alcoholic beverages that don't compromise taste.



\$15.99 EACH
Budweiser Zero Alcohol Beer
12 x 355 mL



\$8.99 EACH
Stanley Park Non Alcoholic Beer
Selected Varieties, 4 x 355 mL



\$21.49 EACH
Corona Cero 0% Alcohol-Free Beer

Bottles (12 x 330 mL) or Cans (12 x 355 mL)



\$10.99 EACH
Michelob Ultra Zero Beer
6 x 355 mL



\$10.99 EACH
Sapporo Premium Alcohol Free Beer
Selected Varieties, 6 x 355 mL



\$11.99 EACH
Peroni Nastro Azzurro 0.0%
6 x 330 mL



\$10.99 EACH
Guinness 0 Non-Alcoholic Draught Beer
4 x 440 mL

Swap the spirits for something that truly lifts you up. Non-alcoholic drinks are simple way to enjoy flavour without compromising your health. Better rest, better focus, better you.



Pause, breathe, and savour the flavour. It's not just a drink—it's a reset.

Cold is key. Non-alcoholic beer tastes best when served at the right temperature—usually 3-7°C.

Dry January isn't about restriction—it's about feeling good.



Dry January isn't about restriction—it's about feeling good.

Enjoy feel-good sips that skip the alcohol, not the taste.



\$8.99 EACH
Loxton Dealcoholized Wine

Selected Varieties, 750 mL



\$8.99 EACH
Not Guilty Dealcoholized Wine

Selected Varieties, 750 mL



\$7.99 EACH
Atypique Non-Alcoholic Mocktails
Selected Varieties, 4 x 355 mL



Use a mix of fresh citrus slices and berries, then let the fruit steep in the juice for at least two hours before serving to infuse maximum flavour and natural sweetness.

Non-alcoholic Sangria

[SEE RECIPE](#)

CHOOSE WELLNESS

celebrate without alcohol

Refresh with vibrant mocktails and the nutrients your body loves.



2 for \$7
Edna's Non-Alcoholic Cocktails
Selected Varieties, 355 mL



Frozen mango is packed with vitamin C and fibre, supporting immunity and digestion naturally.

Mango Mule Mocktail

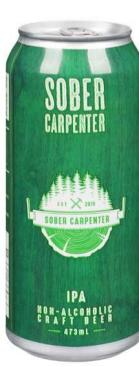
[SEE RECIPE](#)



\$13.49 EACH
Edna's Non-Alcoholic Cocktails
Selected Varieties, 4 x 355 mL



2 for \$5.50
Clever Mocktail
Selected Varieties, 355 mL



2 for \$5.50
Sober Carpenter Non-Alcoholic IPA
Selected Varieties, 473 mL



\$5.99 EACH
Pacific Foods Plant-Based Chili
Selected Varieties, 468g



2 for \$6
Blue Diamond Almond Breeze Beverage
Selected Varieties, 946 mL



\$5.99 EACH
Prana Granolove Oatmeal
Selected Varieties, 300g



EAT CLEAN!

with plant based goodness



\$6.49 EACH
Prana Protein Overnight Chia
Selected Varieties, 260g

\$6.49 EACH
Prana Overnight Chia
Selected Varieties, 250g



\$6.49 EACH
Prana Protein Overnight Chia
Selected Varieties, 260g

\$6.49 EACH
Prana Overnight Chia
Selected Varieties, 250g



25% Off
Only Goodness
Supplements
Selected Varieties

RESET & RECHARGE

with the power of vitamins

Power up your day and recharge naturally with the right vitamins.

Stay hydrated and replenish electrolytes after exercise with mineral-rich drinks



\$22.99 EACH
Olly Gummy Vitamins
Selected Varieties, 50's or 60's

Collagen supports healthy skin elasticity, stronger hair and nails, and joint mobility. Making it a simple daily boost for wellness.

Build healthy routines with vitamins, collagen, and supplements to support immunity, mental health, and balance.



\$18.49 EACH
Olly Multivitamins
Selected Varieties, 90's



\$27.49 EACH
Olly Vitamins
Capsules, Selected Varieties, 25's or 40's



\$25.99 EACH
Organika Enhanced Collagen
250g



\$35.99 EACH
Sisu Ester-C
600 mg, 120's



\$41.99 EACH
Sisu Ester-C
1000 mg, 120's



\$43.99 EACH
Sisu Ester-C Supreme
120's



\$2.29
100G
Greek Salad

\$2.29
100G
Broccoli Salad

HEALTHY EATING 
made easy every day

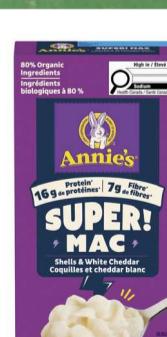
Busy days call
for speedy meal
solutions. Visit the
Save-On-Foods
Kitchen for nutritious
ready-to-eat choices
any time of day.


\$6.99 EACH
Salad Shaker Cup
Made in Store, Selected Varieties


\$4.99 EACH
Pacific Foods Hearty
Soup
Selected Varieties, 440 mL



2 for \$6
Annie's Pasta
Selected Varieties, 170g



2 for \$6
Annie's SuperMac
Selected Varieties, 170g



2 for \$6
Annie's Gluten Free Pasta
or Vegan, Selected Varieties, 170g