

THE SWEET POTATO

Bringing healthy food to everyone!

DEC 19 - DEC 25, 2025

BUY CANADIAN

PFENNING'S ORGANIC FARM CARROTS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

6⁹⁹

5lb Bag • Product of Ontario

BLACKBERRIES

- ✓ CERTIFIED ORGANIC

2^{FOR} \$6
OR 3.49 EACH

Pkg • Product of Mexico

YORKSHIRE VALLEY FARMS ONTARIO FRESH WHOLE ORGANIC TURKEYS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ FAMILY FARM RAISED

5⁹⁹
LB
13.21 KG
SAVE \$2/LB

Product of Ontario



Yorkshire Valley Farms is a co-op of farmers where turkeys are raised on family-run farms in Ontario enjoying an organic, non-gmo, all-grain diet.

- ✓ Organic
- ✓ Pesticide & Herbicide-Free
- ✓ Non-gmo grain fed
- ✓ No Animal By-Products
- ✓ Antibiotic-Free

GENUINE TEA TEA

- ✓ LOCAL
- ✓ BIODEGRADABLE PLANT BASED TEA BAGS

6⁹⁹

SAVE \$3

15 ct



PATIENCE TART CHERRY JUICE

- ✓ CERTIFIED ORGANIC
- ✓ 100% PURE

9⁹⁹

SAVE \$5

946 ml



Product packaging may differ in store than shown in the flyer, in case of discrepancy between the picture and the text, the text will be deemed correct. We reserve the right to limit quantities, while supplies last. Product selection may vary by location. Deals may differ for online shopping. Produce, meat, and seafood pricing is valid for the first seven days of the promotional period.

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PFENNING'S ORGANIC FARM RUTABAGAS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



1⁶⁹
LB
3.73 KG

Product of Ontario



ALGOMA ORCHARDS APPLES - GALA, AMBROSIA, OR RED DELICIOUS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



5⁹⁹

2.2lb Bags • Product of Ontario



PFENNING'S ORGANIC FARM GREEN & RED LEAF LETTUCE

- ✓ CERTIFIED ORGANIC



2⁷⁹

Product of Mexico

PFENNING'S ORGANIC FARM LEEKS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



1⁹⁹
LB
4.39 KG

Product of Ontario



ZETTEL FAMILY FARMS ONTARIO LEAN GROUND BEEF

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ 100% GRASS-FED
- ✓ FAMILY FARM RAISED



14⁹⁹
LB
33.05 KG

SAVE \$2/LB

Product of Ontario



PRAIRIE RANCHER FARMS ALBERTA INSIDE ROUND ROASTS

- ✓ ALL-NATURAL
- ✓ 100% GRASS-FED
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ SUSTAINABLY RAISED
- ✓ GMO FREE, FAMILY FARM RAISED



15⁹⁹
LB
35.25 KG

SAVE \$2/LB

Product of Alberta



DUBRETON ONTARIO PORCHETTA ROASTS

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ FREE-RUN
- ✓ NON-GMO
- ✓ FAMILY FARM RAISED



9⁹⁹
LB
22.02 KG

SAVE \$3/LB

Product of Ontario



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SAUSAGE OF THE WEEK

HOT ITALIAN SAUSAGE

\$6.99/LB (\$15.41/KG)

OUR TAKE ON THE CLASSIC, MADE IN-HOUSE USING LOCALLY SOURCED, FAMILY FARM RAISED BERKSHIRE PORK. TASTES JUST LIKE NONNA USED TO MAKE!



ORKNEY ORGANIC SALMON
SCOTTISH ATLANTIC SALMON FILLETS

- ✓ CERTIFIED ORGANIC
- ✓ FRESH, NEVER FROZEN
- ✓ HIGH IN OMEGA-3 FATTY ACIDS

26⁹⁹
LB
59.50 KG

SAVE \$2/LB



Product of Scotland

SEACORE
ICELANDIC COD LOINS

- ✓ ALL-NATURAL
- ✓ WILD CAUGHT
- ✓ FRESH, NEVER FROZEN
- ✓ BAP CERTIFIED

29⁹⁹
LB
66.12 KG

SAVE \$2/LB



Product of Iceland

CHA'S ORGANICS
TURMERIC LATTE

- ✓ CERTIFIED ORGANIC
- ✓ FAIR FOR LIFE
- ✓ GLUTEN-FREE

12⁹⁹

110 g



SOBER CARPENTER
NON ALCOHOLIC BEER & CIDER

- ✓ VEGAN

2 FOR \$5

473 ml



MIX & MATCH

HARDBITE
AVOCADO OIL POTATO CHIPS

- ✓ NON-GMO PROJECT VERIFIED
- ✓ GLUTEN-FREE

2 FOR \$8

128 g Size Only



MIX & MATCH

silver swallow

Local
SPOTLIGHT

BUBBLY NOT BOOZY

Experience Silver Swallow’s Award-Winning Non-Alcoholic Wine Alternatives. Bright, bold, botanical, and better-for-you these bubbly not boozy drinks are made with real ingredients. They are also created using a process designed to skip adding sulfites, artificial flavors, colors, and preservatives!

- 750 ML

14⁹⁹
SAVE \$5



LOCALLY
MADE
OTTAWA
ONTARIO



GENNA & ANDREW

Genna and Andrew have always shared a love of food and drink. So when Genna decided to cut back on alcohol to support her mental health, her partner Andrew—a Food Scientist—crafted Bubbly Not Boozy bevies to fill her flute. As partners in life and now in business, they dreamed of creating beautifully presented, better-for-you wine alternatives—made with real ingredients.



SO YAM
GOOD

SPK
HUMMUS OR SPINACH DIP

- ✓ MADE IN-HOUSE
- ✓ ORGANIC VEGETABLES
- ✓ PLANT-BASED OPTIONS



MIX &
MATCH

2 FOR
\$10

SAVE UP TO \$4



Various

SPK
FROZEN PUFF PASTRY

- ✓ MADE IN-HOUSE
- ✓ PRESERVATIVE-FREE



2 FOR
\$16

SAVE \$2



2 x 140 g

SPK
HAM AND BROCCOLI
OR MUSHROOM GOAT
CHEESE QUICHE

- ✓ FREE-RUN EGGS
- ✓ MADE IN-HOUSE DAILY
- ✓ ORGANIC VEGETABLES



14⁹⁹

SAVE \$2

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FILSINGER'S SWEET APPLE CIDER

- ✓ LOCAL
- ✓ ORGANIC



945 ml

CHIMES GOURMET SOFT TOFFEE

- ✓ NON-GMO PROJECT VERIFIED
- ✓ GLUTEN-FREE
- ✓ VEGAN

MIX & MATCH



100 g

CAMINO HOT CHOCOLATE MIX

- ✓ CERTIFIED ORGANIC
- ✓ FAIR TRADE CERTIFIED
- ✓ GLUTEN-FREE



275 g - 336 g

HEARTBEAT HOT SAUCE

- ✓ LOCAL
- ✓ GLUTEN-FREE



177 ml

ONIBI CARBONATED SPRING WATER

- ✓ SUGAR-FREE



10 x 355 ml

EDWARD & SONS BROWN RICE SNAPS

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ PLANT-BASED

MIX & MATCH



100 g

NONNA PIA'S PASTA SAUCE

- ✓ NON-GMO PROJECT VERIFIED
- ✓ GLUTEN-FREE



660 ml

SESMARK ANCIENT GRAIN CRACKERS

- ✓ NON-GMO PROJECT VERIFIED
- ✓ GLUTEN-FREE

MIX & MATCH



100 g

ECO-MAX DISHWASHER PACKS

- ✓ LOCAL
- ✓ BIODEGRADABLE
- ✓ NO ANIMAL TESTING



50 ct



Plant-Based

SPOTLIGHT

PLANT-BASED

SMOKED SALMON

Save da Sea creates plant-based seafood from whole food ingredients. All smoked salmon alternatives are made from carrots and everything is plant-based, gluten-free, soy-free and contain Omega-3s from flax oil.

- 100 G
- GLUTEN FREE

7⁹⁹



AKI KALTENBACH



Aki came up with the idea for Save da Sea when she was managing her family’s Japanese restaurants. Having shifted to a vegan lifestyle, she was inspired to create “seafood” that everyone could enjoy without impacting the ocean. She founded Save da Sea with the belief that, by inspiring people to eat more plants, we can help consumers to eat more sustainably and help relieve pressure on our oceans.

L'ANCÊTRE

ARTISAN GOAT CHEESE

- ✓ UNPASTEURIZED
- ✓ GLUTEN-FREE



8⁹⁹

100 g

ORGANIC MEADOW

WHIPPING CREAM

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



6⁹⁹

500 ml

OOMÉ

SMOKED TOFU

- ✓ NON-GMO PROJECT VERIFIED



5⁹⁹

220 g

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ROLLING MEADOW SHREDDED CHEESE

- ✓ LOCAL
- ✓ GRASS-FED



8⁹⁹

200g

SO DELICIOUS CASHEW OR COCONUT DESSERT

- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ VEGAN



7⁹⁹

500ml

STAHLBUSH VEGETABLES

- ✓ GLUTEN-FREE
- ✓ NON GMO & ORGANIC VARIETIES



MIX & MATCH

2 FOR \$8

198 g - 350 g

GREEN SPLIT PEAS

- ✓ CERTIFIED ORGANIC



49¢
100 G
4.90 KG

Product of Canada

OUR BULK
DEPARTMENT IS
friendlier

REUSABLE
PACKAGING
MADE EASY!



SIMPLY BUY*, SCAN,
AND RETURN



REUSE RETURN

*a refundable deposit of 50¢
will be applied to each purchase

LEARN MORE AT FRIENDLIER.CA

BRAZIL NUTS

- ✓ CERTIFIED ORGANIC



3⁹⁹
100 G
39.90 KG

Product of Bolivia

TURKISH FIGS

- ✓ CERTIFIED ORGANIC



2⁴⁹
100 G
24.90 KG

Product of Türkiye

MUNG BEANS

- ✓ CERTIFIED ORGANIC



79¢
100 G
7.90 KG

Product of USA

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STONETOWN GRAND TRUNK

Local
This years winner at Both SIAL and The American Cheese Society. This Gruyere style cheese is creamy, full and slightly salty. Great melting cheese and an intriguing add to a charcuterie board.



12⁴⁹

SAVE \$2.50

170 g • Product of Ontario

FROMAGERIE M  DARD 14 ARPENTS

14 Arpents is a Quebec washed-rind cheese with a creamy, buttery paste, offering notes of hazelnut, fresh buttermilk, and barnyard funk, plus a salty, tangy finish, becoming more intense and complex as it ages, similar to French Munster.



8⁹⁹
100 G
89.90 KG

SAVE \$10

Product of Quebec

CROSSWIND FARM MAGGIE SMOKED GOAT GOUDA

Local
Experience the best of the farm with this smoked goat Gouda. Crafted with care, it delivers a delicate balance of sweet and nutty flavours, accented by a light casual farmhouse smoke. It's satisfyingly squeaky texture makes it a memorable and versatile addition to any cheeseboard.



12⁹⁹

SAVE \$2.5

200 g • Product of Ontario



FRESH SUSHI AND MAKI MADE DAILY • OCEANWISE CERTIFIED FISH
• NATURAL AND ORGANIC INGREDIENTS • PLANT-BASED OPTIONS
• FAMILY-OWNED SMALL BUSINESS



Monday

ROTISSERIE CHICKEN + 2 READY-TO-HEAT SIDES OR SMALL DELI SALADS

- ✓ HOUSE-MADE, HUMANELY RAISED, LOCAL CHICKENS

19⁹⁹

ADD GRAVY \$2



Tuesday

SPK FROZEN PIZZAS

- ✓ 3 VARIETIES
- ✓ FAMILY FAVOURITE!

2 FOR \$24



Wednesday

SALAD BOWLS

- ✓ 6 VARIETIES
- ✓ PLANT-BASED OPTIONS

8⁹⁹



SO YAM GOOD

Healthy Meal Deals

At The Sweet Potato we're all about healthy convenience. That's why we've put together these delicious, inflation busting meal deals so you and your family can eat well every week night.

Thursday

READY-TO-HEAT SOUPS

- ✓ ALL 950ML SPK SOUPS
- ✓ MADE IN HOUSE
- ✓ ORGANIC VEGETABLES
- ✓ ABF PROTEINS

9⁹⁹ OR 11⁹⁹



Friday

PIES & TARTS

- ✓ ALL SPK PIES (SWEET, SAVOURY, FROZEN, & FRESH!)
- ✓ MADE IN HOUSE

\$3 OFF



Everyday

DELI SALADS

\$3-4 OFF

- ✓ ALL SMALL DELI SALADS 2 FOR \$11
- ✓ ALL LARGE DELI SALADS 2 FOR \$20

