

WEEKLY

for active members

SPECIALS

7-DAY SALE
NOVEMBER 3 - 9

Tipiland Organic Produce
Organic Napa Cabbage

Argenta, BC

REG \$3.99
\$2.99 /LB



SAVE \$1

Cartwheel Farm
Organic Salad Turnips

Bunch
Creston, BC

REG \$4.99
\$3.99 EA



SAVE \$1

Fraserland Farm
Organic Potatoes

Red ~ Yellow | 5lb bag
Lower Mainland, BC

REG \$7.99
\$6.99 EA



SAVE \$1

Organic Apples

Gala ~ Ambrosia | 3lb bag
Okanagan, BC

REG \$5.49
\$4.49 EA



SAVE \$1

Organic D'anjou Pears

3lb bag
Okanagan, BC

REG \$4.99
\$3.99 EA



SAVE \$1

Organic Avocados

2lb bag
Mexico

REG \$6.99
\$5.99 EA



SAVE \$1

Organic Ruby Red Grapefruit

Mexico

REG \$2.99
\$1.49 /LB



50%
OFF



POWERED
BY FOOD



Fre-Da-Ro Farms
Lamb Rib Rack

Okanagan, BC

REG \$21.99
\$19.79 /LB



10%
OFF



Fresh Snapper Fillets

REG \$7.99
\$7.19 /LB



10%
OFF

Oceanwise

Albacore Tuna Loins

REG \$25.49
\$21.67 /LB



15%
OFF

Oceanwise & sashimi-grade

3-DAY SALE
NOVEMBER 3 - 5

Kootenay Natural Meats

Striploin Roasts

Creston, BC



15%
OFF



Pasture-raised & grass-finished