



Kootenay
co-op

\$50 LIFETIME
MEMBERSHIP

EASY TO JOIN

CASE LOT

14 DAYS OF GREAT MEMBER SAVINGS

IN-STORE + ONLINE

Thurs, April 16TH - Wed, April 29TH

UP TO
40%
OFF



BUY 6
\$349 /EA
BUY 12
\$299 /EA
REG. \$4.99

RAINCOAST GLOBAL
Skipjack Tuna
Salted | Unsalted | 142g

UP TO
40%
OFF



BUY 2
\$1799 /EA
BUY 6
\$1499 /EA
REG. \$24.99

TERRA DELYSSA
Organic Extra Virgin Olive Oil
750ml



44%
OFF



FAIR
TRADE
ORGANIC
\$1499 /EA
REG \$26.99

EVERLAND
Organic Coconut Milk
Rich + Creamy | 6x400ml

40%
OFF



FROM
BC
ORGANIC
\$179 /LB
REG \$2.99
SALE: \$3.94/kg
REG: \$6.59/kg

OKANAGAN
Organic Ambrosia Apples
Bags

40%
OFF



GRASS-FED
ORGANIC
\$2210 /KG
REG \$36.90

EMMA
Old Cheddar
1kg min

22%
OFF



FROM
BC
ORGANIC
\$1270 /KG
REG \$16.29

BRADNER
Organic Whole Chicken
Frozen

38%
OFF



\$1799 /EA
REG \$28.99

WELEDA
Skin Food
Cream | 75ml
Rich plant blend formula
moisturizes + transforms skin.

44%
OFF



FROM
BC
\$1399 /EA
REG \$24.99

NATURAL FACTORS
Vitamin D 1000 IU
500c
For a healthy immune
system, brain health +
calcium absorption.

36%
OFF



FROM
BC
NATURAL FACTORS
**Ultimate Multi
Probiotic 12 Billion**
120c
Multi-strain probiotic for
broad spectrum gut health
support.

grocery

38% OFF



FLORA
Flax Oil
941ml

Plant source of Omega-3.

36% OFF



ORGANIKA
Bone Broth
Chicken | 300g

Rich in collagen, glucosamine, minerals + protein. Sourced from cage-free, organic-grain fed chickens.

50% OFF



\$13.99 /EA

REG \$27.99

WHOLE EARTH + SEA
Organic Greens Protein Bar
6 x 75g

Nutrient-dense. The perfect source of protein on the go.

27% OFF



\$15.99 /EA

REG \$21.99

ORGANIC TRADITIONS
Cacao Butter
227g

A healthy, plant-based source of saturated fat.

28% OFF



\$17.99 /EA

REG \$24.99

ORGANIC TRADITIONS
Cacao Powder
454g

A true superfood. A good source of Magnesium, Iron and Zinc.

33% OFF



\$29.99 /EA

REG \$44.99

ALPHA
Supreme MCT Oil
60/40 | 1L

Provides readily available fuel for body + mind in short chain fatty acid format.

30% OFF



\$23.48 /EA

REG \$33.48

SAN REMO
Organic Canned Beans
Black Beans | Chickpeas | 12x398ml

UP TO 34% OFF



BUY 5
\$2.79 /EA

BUY 10
\$2.29 /EA

REG. \$3.49

TREE OF LIFE
Organic Tomato Paste
156ml

30% OFF



BOREAL
Pet Food
All Varieties

UP TO 29% OFF



BUY 2
\$6.99 /EA

BUY 4
\$5.99 /EA

REG. \$8.49

EVERLAND
Organic Pasta Sauce
All Varieties | 739ml

40% OFF



\$17.99 /EA

REG \$29.99

TAJ MAHAL
Organic Basmati Rice
White | Brown | 5lbs

UP TO 33% OFF



BUY 2
\$4.49 /EA

BUY 4
\$3.99 /EA

REG. \$5.99

WHISTLER WATER
Spring Water
4L

grocery

40% OFF



BUY 2

\$8.99 /EA

REG \$14.99

EARTH'S CHOICE
Organic Lemon Juice
1L

UP TO 31% OFF



BUY 3

\$9.99 /EA

BUY 6

\$8.99 /EA

REG. \$12.99

NATURE'S PATH
Eco Pac Cereal
All Varieties | 650-907g

UP TO 32% OFF



BUY 6

\$3.49 /EA

BUY 12

\$2.99 /EA

REG. \$4.39

EARTH'S OWN
Oat Beverages
Original | Zero Sugar | 946ml

UP TO 36% OFF



BUY 6

\$5.49 /EA

BUY 12

\$4.49 /EA

REG. \$6.99

EARTH'S OWN
Barista Blend
Oat | Oat Light | Almond | 946ml

UP TO 38% OFF



BUY 3

\$2.99 /EA

BUY 6

\$2.49 /EA

REG. \$3.99

EARTH'S OWN
Soy Barista Blend
946ml

UP TO 36% OFF



BUY 3

\$4.49 /EA

BUY 6

\$3.49 /EA

REG. \$5.49

EARTH'S OWN
The Alt Beverage
946ml

UP TO 36% OFF



BUY 3

\$3.99 /EA

BUY 6

\$3.49 /EA

REG. \$5.49

QUE PASA
Organic Tortilla Chips
Original | Rounds | 300-350g

UP TO 31% OFF



BUY 3

\$5.49 /EA

BUY 6

\$4.79 /EA

REG. \$6.99

QUE PASA
Organic Salsa
All Varieties | 420ml

UP TO 38% OFF



BUY 3

\$3.49 /EA

BUY 6

\$2.99 /EA

REG. \$4.79

HARDBITE
Potato Chips
All Varieties | 150g

39% OFF



BUY 6

\$5.49 /EA

REG \$8.99

NUMI
Organic Tea
18 bags

UP TO 38% OFF



BUY 3

\$3.29 /EA

BUY 6

\$2.79 /EA

REG. \$4.49

PLUMM GOOD
Rice Cake Thins
All Varieties | 95g

33% OFF



SUNRISE SOYGANIC
Organic Tofu
All Varieties

grocery

UP TO
35%
OFF



BUY 2
\$9.99 /EA
BUY 4
\$8.49 /EA
REG. \$12.99

WILDBRINE

Organic Sauerkraut and Kimchi

All Varieties | 500ml

UP TO
42%
OFF



BUY 4
\$3.19 /EA
BUY 8
\$2.49 /EA
REG. \$4.29

DARRELL LEA

Australian Licorice

All Varieties | 200g

UP TO
30%
OFF



BUY 2
\$26.99 /EA
BUY 3
\$22.99 /EA
REG. \$32.99

PAMELA'S

Gluten-Free Baking + Pancake Mix

1.81kg

UP TO
36%
OFF



BUY 2
\$7.99 /EA
BUY 4
\$6.99 /EA
REG. \$10.99

FILSINGER'S

Organic Apple Cider Vinegar

945ml

29%
OFF



\$29.88 /EA
REG \$41.88

HORNBY ORGANIC

Energy Bars

All Varieties | 12x80g

35%
OFF



BUY 6
\$1.49 /EA
REG \$2.49

BIOITALIA

Organic Purees

All Varieties | 120g

41%
OFF



BUY 2
\$9.99 /EA
REG \$16.99

BIOITALIA

Organic Sunflower Oil

750ml

23%
OFF



BUY 2
\$11.50 /EA
REG \$14.99

LANCETREE

Organic Butter

Salted | Unsalted | 454g

LIMIT OF 6

UP TO
35%
OFF



BUY 2
\$14.99 /EA
BUY 4
\$12.99 /EA
REG. \$19.99

TERRA BREADS

Granola

All Varieties | 800g-850g

UP TO
38%
OFF



BUY 2
\$8.99 /EA
BUY 4
\$7.99 /EA
REG. \$12.99

EARTHBOUND FARM

Frozen Vegetables

Green Peas | Corn | 900g

UP TO
35%
OFF



BUY 2
\$14.99 /EA
BUY 4
\$12.99 /EA
REG. \$19.00

EARTHBOUND FARM

Frozen Fruit

All Varieties | 900g

grocery

UP TO 30% OFF



ORGANIC

BUY 2	\$7⁹⁹ /EA
BUY 4	\$6⁹⁹ /EA

REG. \$9.99

RISE
Organic Kombucha
All Varieties | 1L

UP TO 37% OFF



FROM BC

BUY 2	\$5⁹⁹ /EA
BUY 4	\$4⁹⁹ /EA

REG. \$7.99

HABIBI'S
Hummus
All Varieties | 450g

SAVE \$20



FROM BC

\$49⁹⁹ /EA

REG \$69.99

EVERLAND
Natural Coconut Water
24x520ml

UP TO 33% OFF



ORGANIC

BUY 3	\$6⁹⁹ /EA
BUY 6	\$5⁹⁹ /EA

REG. \$8.99

CROFTER'S
Premium Fruit Spread
All Varieties | 383ml

UP TO 33% OFF



FROM BC **ORGANIC**

BUY 2	\$11⁹⁹ /EA
BUY 4	\$9⁹⁹ /EA

REG. \$14.99

NEW WORLD
Organic Peanut Butter
All Varieties | 1kg

SAVE \$10



ORGANIC

BUY 2	\$16⁹⁹ /EA
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REG \$26.99

CABOO
2-ply Toilet Tissue
24 Rolls

UP TO 50% OFF



ORGANIC

BUY 6	\$2⁴⁹ /EA
BUY 12	\$1⁹⁹ /EA

REG. \$3.99

HONEY STINGER
Organic Energy Chews
All Varieties | 50g

UP TO 40% OFF



PLANT-BASED

BUY 6	\$1⁸⁹ /EA
BUY 12	\$1⁴⁹ /EA

REG. \$2.49

KOYO
Ramen
All Varieties | 60g

UP TO 40% OFF



NON-GMO

BUY 3	\$3⁹⁹ /EA
BUY 6	\$3²⁹ /EA

REG. \$5.49

NORA SNACKS
Nori Snacks
All Varieties | 28g-45g

UP TO 40% OFF



GLUTEN FREE **FROM BC**

BUY 3	\$6⁹⁹ /EA
BUY 6	\$5⁹⁹ /EA

REG. \$9.99

BLISS BALLS
Energy Balls
All Varieties | 150g

UP TO 43% OFF



FAIR TRADE **ORGANIC**

BUY 4	\$5⁴⁹ /EA
BUY 8	\$4⁴⁹ /EA

REG. \$7.99

CAMINO
Organic Chocolate Bars
All Varieties | 80-100g

UP TO 40% OFF



NON-GMO

BUY 6	\$2²⁹ /EA
BUY 12	\$1⁷⁹ /EA

REG. \$2.99

BEAR
Fruit Rolls
All Varieties | 20g

grocery

120+ TRUE LOCAL suppliers in-store



SAVE \$12

TRUE LOCAL

\$54.99 /EA
REG \$66.99

SWAN VALLEY
Honey Bucket
3kg

UP TO 25% OFF

TRUE LOCAL

BUY 2
\$19.99 /EA

BUY 4
\$17.99 /EA

REG. \$23.99

NO.6 COFFEE
True Local Coffee
All Varieties | 340g

SAVE \$8

TRUE LOCAL

\$40.99 /EA
REG \$48.99

KASLO SOURDOUGH
Classic Sourdough Pasta
Spaghetti | Linguine | 3kg

SAVE \$5

TRUE LOCAL

\$23.99 /EA
REG \$28.99

KASLO SOURDOUGH
Classic Sourdough Pasta
Radiatori | Rotini | Elbow | 2kg

22% OFF

TRUE LOCAL ORGANIC

\$27.99 /EA
REG \$35.99

TREASURE LIFE
Organic Thick Rolled Oats
4.54kg

22% OFF

TRUE LOCAL ORGANIC

\$44.99 /EA
REG \$57.99

TREASURE LIFE
Unbleached All-Purpose Flour
10kg

23% OFF

TRUE LOCAL ORGANIC

\$26.99 /EA
REG \$34.99

TREASURE LIFE
Multipurpose Flour
4.54kg

21% OFF

TRUE LOCAL

\$13.49 /EA
REG \$16.99

FEED YOUR SOUL FOODS
Sunflower Mushroom Patties
4-pack

20% OFF

TRUE LOCAL

\$19.99 /EA
REG \$24.99

FEED YOUR SOUL FOODS
Spanakopita + Curry Triangles
6-pack

21% OFF

TRUE LOCAL

\$14.99 /EA
REG \$18.99

FEED YOUR SOUL FOODS
Thai Yam Peanut Soup
850g

grocery

29% OFF



\$19⁹⁹ /EA

REG \$27.99

Sushi Roll Rice Crackers

750g

SAVE \$5



FROM BC ORGANIC

\$37⁹⁹ /EA

REG \$42.99

WARKENTIN FARM

Organic Frozen Blueberries

5lb

31% OFF



\$32⁸⁸ EA

REG \$47.88

GUAYAKI

Yerba Mate

All Varieties | 12x458ml

32% OFF



ORGANIC

BUY 2

\$22⁹⁹ /EA

REG \$33.99

EVERLAND

Organic Maple Syrup

All Varieties | 1L

UP TO 43% OFF



GLUTEN FREE

BUY 4

\$27⁹ /EA

REG \$33.99

BUY 8

\$22⁹ /EA

REG. \$3.99

HOT KID

Rice Crisps

All Varieties | 100g

26% OFF



FROM BC ORGANIC

BUY 2

\$16⁹⁹ /EA

REG \$22.99

EVERLAND

Organic Apple Juice

3.78L

UP TO 38% OFF



FROM BC

BUY 3

\$34⁹ /EA

BUY 6

\$27⁹ /EA

REG. \$4.49

TAJ MAHAL

Indian Meals

All Varieties | 285g

32% OFF



FROM BC

BUY 2

\$14⁹⁹ /EA

REG \$21.99

NUTS TO YOU

Almond Butter

Smooth | Crunchy | 735g

UP TO 39% OFF



FROM BC

BUY 3

\$6⁴⁹ /EA

BUY 6

\$5⁴⁹ /EA

REG. \$8.99

OLD COUNTRY PASTA

Fresh Stuffed Pasta

All Varieties | 350g

SAVE \$3



ORGANIC

BUY 2

\$8⁹⁹ /EA

REG \$11.99

RED CROWN

Pomegranate Juice

With Pulp | No Pulp | 1L

SAVE \$25



\$44⁹⁹ /EA

REG \$69.99

SAN REMO

Extra Virgin Olive Oil

3L

32% OFF



ORGANIC

\$44⁸⁸ /EA

REG \$65.88

SAN REMO

Organic Canned Tomatoes

Diced | Crushed | 12x796ml

bulk

25% OFF



\$29.99 /EA
REG \$39.99

Organic Almonds
1kg

30% OFF



\$7.99 /EA
REG \$11.49

Organic Cane Sugar
2.27kg

33% OFF



\$19.99 /EA
REG \$29.99

Organic Raw Cashew Pieces
1kg

23% OFF



\$32.99 /EA
REG \$42.99

Organic Dried Cranberries
1.81kg

20% OFF



\$11.99 /EA
REG \$14.99

Epsom Salt
2.5kg

29% OFF



\$24.99 /EA
REG \$34.99

Organic Hemp Hearts
900g

50% OFF



\$22.99 /EA
REG \$45.99

Fine Himalayan Salt
4.54kg

28% OFF



\$17.99 /EA
REG \$24.99

Organic Dried Mango
500g

27% OFF



\$10.99 /EA
REG \$14.99

Organic Raw Pumpkin Seeds
1kg

21% OFF



\$14.99 /EA
REG \$18.99

Organic White Quinoa
1.81kg

24% OFF



\$18.99 /EA
REG \$24.99

Organic Thompson Raisins
1.81kg

36% OFF



\$6.99 /EA
REG \$10.99

Organic Raw Sunflower Seeds
1kg

bulk

26% OFF

\$13.99 /EA
REG \$18.99

RED STAR
Yeast Flakes
454g

25% OFF

\$7.49 /EA
REG \$9.99

ORGANIC

Organic Yellow Popcorn
1.5kg

24% OFF

\$25.99 /EA
REG \$33.99

ORGANIC

Organic Medjool Dates
1kg

29% OFF

\$49.99 /EA
REG \$69.99

ORGANIC

Organic Rolled Thick Oats
11.34kg

37% OFF

\$14.99 /EA
REG \$23.99

ORGANIC

Organic Red Split Lentils
1.81kg

26% OFF

\$28.99 /EA
REG \$38.99

ORGANIC

Organic Walnut Halves
1kg

SAVE \$10

\$26.99 /EA
REG \$36.99

eco max
Hypoallergenic Ultra-Dish Wash
Liquida + sabbada ultra-hipoalergenica

ECO-MAX
Laundry Wash
All Varieties | 6.2L

SAVE \$9

\$19.99 /EA
REG \$28.99

eco max
Hypoallergenic Ultra-Dish Wash
Liquida + sabbada ultra-hipoalergenica

ECO-MAX
Dish Wash Refill
All Varieties | 4L

BYOC AND SAVE!

Remember to bring your own container to fill + get an **additional 10% off!**



20% OFF

ECO-MAX
Bulk Cleaner + Detergent
Get an **EXTRA 10% OFF** when you BYOC

produce



always 100%
organic produce

43%
OFF



2 for \$8

REG \$6.99/EA

CALIFORNIA
Organic Carrots
2lb bags

33%
OFF



2 for \$4

REG \$2.99/EA

MEXICO
Organic Ataulfo Mangos

33%
OFF



3 for \$5

REG \$2.49/EA

MEXICO | USA
Organic Hass Avocados

22%
OFF



\$6.99
/EA

REG \$8.99

MEXICO | USA
Organic Lemons
2lb bags

31%
OFF



\$8.99
/EA

REG \$12.99

MEXICO | USA
Organic Grapefruits
4lb bags

43%
OFF



\$3.99
/EA

REG \$6.99

OKANAGAN
Organic Apples
Orin | 3lb bag

25%
OFF



\$59.99
/EA

REG \$79.99

OKANAGAN
Organic Ambrosia Apples
38lb Case

40%
OFF



\$1.79
/LB

REG \$2.99

SALE: \$3.94/kg
REG: \$6.59/kg

OKANAGAN
Organic Ambrosia Apples
Bulk

22%
OFF



\$6.99
/EA

REG \$8.99

MEXICO
Organic Romaine Hearts

produce

36% OFF



\$179 /LB

REG \$2.99

SALE: \$3.95/kg
REG: \$4.99/kg

MEXICO
Organic Butternut Squash

33% OFF



\$199 /LB

REG \$2.99

SALE: \$4.39/kg
REG: \$6.59/kg

USA
Organic Green Cabbages

33% OFF



\$199 /LB

REG \$2.99

SALE: \$4.39/kg
REG: \$6.59/kg

BC
Organic Red Cabbages

25% OFF



\$899 /EA

REG \$11.99

SPICER'S FARM
Organic Local Beets
5lb bags

spicers farm

NAKUSP

Spicer's Farm is legendary in the region and is an important source of local food. The farm has contributed to the economic life of Nakusp since 1904 and has been in the Spicer family since 1948.

They are certified organic with a major emphasis on growing vegetables in concert with the land, water and natural pollinators.

29% OFF



\$499 /EA

REG \$6.99

MEXICO
Organic Mini Peppers
1lb bags

beet borscht

A big-batch soup to use up a ton of in-season veggies. This tangy-sweet soup is great hot or cold. To serve, you can also choose to top your soup with sour cream or fresh dill.

- 2 Tbsp vegetable oil
- 1 onion, diced
- 3 cloves garlic, minced
- ½ tsp caraway seeds
- 1½ lb beets, peeled + diced
- 5 cups green cabbage, diced
- 2 yellow potatoes (about 10 oz), cubed
- 2 stalks celery, diced
- 1 carrot, diced
- 2 bay leaves
- ¼ tsp salt
- ½ tsp pepper
- 1 can tomato paste
- 1 Tbsp packed brown sugar
- 10 cups water
- 3 Tbsp vinegar

In large Dutch oven, heat oil over medium-high heat; cook onion, garlic, and caraway seeds, stirring occasionally, until softened and light golden, about 4 minutes.

Stir in beets, cabbage, potatoes, celery, carrot, bay leaves, salt and pepper; cook over medium heat, stirring often, until beets are starting to soften, about 10 minutes.

Stir in tomato paste and brown sugar; cook, stirring, for 2 minutes. Stir in water; bring to boil. Reduce heat and simmer, stirring occasionally, until beets are tender, about 40 minutes. Stir in vinegar; discard bay leaves.



cheese + tapas

40% OFF



\$17⁹⁰ /KG
REG \$29.90

FONTERRA
Mozzarella
1kg min

40% OFF



\$22¹⁰ /KG
REG \$36.90

EMMA
Old Cheddar
1kg min

30% OFF



\$35¹⁰ /EA
REG \$50.20

ALEXIS DE PORTNEUF
Caprano Goat Cheddar
750g min

30% OFF



\$11⁸⁹ /EA
REG \$16.99

SAPUTO
Friulano
500g

UP TO 30% OFF



BUY 1
20% OFF
BUY 3
30% OFF

SAPUTO
Parmesan Wedges
Pecorino Romano | Parmesan Reggiano |
Grana Padano
150g

UP TO 30% OFF



BUY 1
\$9⁹⁹ /EA
BUY 3
\$8⁶⁹ /EA
REG. \$12.49

WOOLWICH
Chevre
Plain | Fine Herb
300g

UP TO 30% OFF



BUY 1
\$10³⁹ /EA
BUY 3
\$9⁰⁹ /EA
REG. \$12.99

ALEXIS DE PORTNEUF
Double Cream Brie
300g

UP TO 40% OFF



BUY 1
\$5²⁹ /EA
BUY 6
\$3⁹⁹ /EA
REG. \$6.59

CASTELLO
Brie | Camembert
125g

30% OFF



\$7⁵⁹ /EA
REG \$10.79

CASTELLO
Creamy Havarti
425g

25% OFF



\$32⁹⁹ /KG
REG \$43.99

TRE STELLE
Grana Padano DOP
1kg

20% OFF



\$17⁵⁹ /EA
REG \$21.99

TRE STELLE
Cow Feta
850g

UP TO 40% OFF



BUY 1
\$3⁵⁹ /EA
BUY 6
\$2⁶⁹ /EA
REG. \$4.49

ILLIOS
Crostinis
All Varieties
175g

cheese + tapas

UP TO
30%
OFF



BUY 1
20%
OFF
BUY 3
30%
OFF

DIVINA
Artisan Spreads + Jams
All Varieties

40%
OFF



\$19.99
/KG
REG \$33.49

KRINOS
Kalamata Olives
No Pits

roasted castelvetroano olives + feta

*Perfect as an appetizer, but this dish
can also be tossed into a pasta or
served over chicken!*

INGREDIENTS

- 2 cups Pitted Castelvetroano Olives, lightly crushed
- 1 lemon juiced and zested
- 4 Tbsp Extra Virgin Olive Oil
- 6 cloves garlic
- 1 shallot sliced
- 4-5 sprigs of oregano
- ½ tsp red pepper flakes
- Kosher salt
- 10oz feta cheese, broken into pieces
- Grilled bread for serving

METHOD

Preheat the oven to 350°F. In a medium skillet, stir together the olives, olive oil, lemon juice, garlic, shallot, 3 sprigs of oregano, chili flakes and salt. Roast for 20 minutes, until the olives are hot and the garlic is tender. Break the feta into the olive mixture. Remove the roasted charred oregano stems. Sprinkle with the remaining leaves from 2 new sprigs of oregano over the top. Add the lemon zest and serve warm alongside the bread.

40%
OFF



\$18.79
/KG
REG \$31.29

KRINOS
Kalamata Olives
With Pits

30%
OFF



\$22.99
/KG
REG \$32.99

DIVINA
Mediterranean Olive Medley
With Pits

30%
OFF



\$26.59
/KG
REG \$37.99

DIVINA
Castelvetroano Olives
No Pits

35%
OFF



\$22.69
/KG
REG \$34.99

DIVINA
Castelvetroano Olives
With Pits

25%
OFF



\$13.49
/EA
REG \$17.99

SAN REMO
Grilled Artichokes in Oil
1L

25%
OFF



\$12.39
/EA
REG \$16.49

SAN REMO
Sundried Tomatoes in Oil
1L



butcher shop

15% OFF



\$16⁵⁷ /EA
REG \$19.50

OCEAN WISE
SUSTAINABLE FISHING

INTERCITY PACKERS
Wild Argentinian Shrimp
Frozen | 1 lb

20% OFF



\$31⁶⁶ /KG
REG \$39.58

OCEAN WISE
SUSTAINABLE FISHING

INTERCITY PACKERS
Pacific Grey Cod
Frozen

20% OFF



\$27⁹² /KG
REG \$34.90

ORGANIC

MADE HERE

KOOTENAY CO-OP SMOKEHOUSE
Beef Smokies
Salt + Pepper | Garlic + Onion | 6 Pack

20% OFF



\$22⁰⁰ /KG
REG \$27.50

GRASS-FED FROM BC ORGANIC

BRADNER
Organic Lean Ground Beef
Frozen

20% OFF



\$36⁰⁶ /KG
REG \$45.08

GRASS-FED FROM BC ORGANIC

BRADNER
Organic Top Siroin Steak
Frozen | Multipack

15% OFF



\$57⁰³ /KG
REG \$67.10

MADE IN CANADA

BENCHMARK ANGUS
Striploin Steak
Frozen | Multipack

20% OFF



\$36⁰⁶ /KG
REG \$45.08

TRUE LOCAL

TARZWELL FARM
Top Siroin Steak
Frozen | Multipack

22% OFF



\$12⁷⁰ /KG
REG \$16.29

FROM BC ORGANIC

BRADNER
Organic Whole Chicken
Frozen

25% OFF



\$24⁶⁷ /KG
REG \$32.89

FROM BC

ROSSDOWN FARMS
Ground Turkey
Frozen



TRUE LOCAL

tarzwell farm

CRESTON

Tarzwell Farm produces top-grade, locally-grown beef year-round that is born, raised, fed, and processed in the Creston Valley. The animals are raised naturally without hormones or routine antibiotics.

butcher shop

turkey meatballs

ingredients

- 1/3 cup Parmesan cheese
- 1-2 slices whole wheat bread
- 3 Tbsp fresh basil, parsley, or chives, finely chopped
- 1 tsp kosher salt
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp dried oregano
- 1/4 tsp ground black pepper
- 1/4 tsp red pepper flakes, optional
- 1lb ground turkey
- 1 large egg
- 1 1/2 Tbsp extra-virgin olive oil

method

Preheat oven to 375°F. Prepare baking sheet with parchment paper.

In a food processor, lightly blend cheese, bread, fresh herbs, dried herbs + spices until bread crumb consistency. Pour into a bowl, add turkey + mix.

In small bowl, beat egg, then add to meat mixture and mix through with fork or fingers.

Roll 1 1/2-inch meatballs + arrange on baking sheet. You will have about 20 meatballs total.

Brush tops of the meatballs with olive oil. Bake for approx 15 minutes.

25% OFF



\$31.49 /KG
REG \$41.99

TRE STELLE
Grana Padano DOP
1kg

UP TO 40% OFF



ORGANIC

BUY 2
\$17.99 /EA
BUY 6
\$14.99 /EA
REG. \$24.99

TERRA DELYSSA
Organic Extra Virgin Olive Oil
750ml

UP TO 29% OFF



FROM BC ORGANIC

BUY 2
\$6.99 /EA
BUY 4
\$5.99 /EA
REG. \$8.49

EVERLAND
Organic Pasta Sauce
All Varieties | 739ml

wellness



30% OFF

\$13.99 /EA

REG \$19.99

EVERYONE
3-in-1 Soap
All Varieties | 946ml
Shampoo, body wash and bubble bath all in one.



30% OFF

\$6.99 /EA

REG \$9.99

EVERYONE
Hand Soap
All Varieties | 377ml



29% OFF

\$11.99 /EA

REG \$16.99

LILY OF THE DESERT
Aloe Vera Gelly
454g



33% OFF

\$15.99 /EA

REG \$23.99

EVERYONE
3-in-1 Lotion
All Varieties | 946ml



30% OFF

\$13.99 /EA

REG \$19.99

EVERYONE
Kid's Soap
All Varieties | 946ml



UP TO 39% OFF

BUY 2

\$6.49 /EA

BUY 4

\$5.49 /EA

REG. \$8.99

HIMALAYA
Toothpastes
All Varieties | 150g



29% OFF

\$9.99 /EA

REG \$13.99

CRATE 61
Bar Soap
All Varieties | 3 pack



UP TO 40% OFF

BUY 2

\$3.99 /EA

BUY 4

\$2.99 /EA

REG. \$4.99

BAMBO NATURE
Wipes
64ct



38% OFF

\$17.99 /EA

REG \$28.99

WELEDA
Skin Food
Cream | 75ml



36% OFF

\$15.99 /EA

REG \$24.99

NEW ROOTS HERBAL
Rosa Mosqueta Oil
30ml
Revitalizes + nourishes dry skin, smoothes fine lines.



38% OFF

\$19.99 /EA

REG \$31.99

NEW ROOTS HERBAL
Body Muscle Lotion
250ml
A blend of MSM, Arnica, and aromatic oils to soothe sore muscles.



38% OFF

\$19.99 /EA

REG \$31.99

NOW
Magnesium Flakes
1.53kg
1 cup contains approx. 1900mg of elemental magnesium.

wellness

35% OFF



\$8.49 /EA

REG \$12.99



NOW
Lemon
Essential Oil |
30ml

35% OFF



\$7.79 /EA

REG \$11.99



NOW
Eucalyptus
Essential Oil |
30ml

35% OFF



\$12.99 /EA

REG \$19.99



NOW
Lavender
Essential Oil | 30ml

36% OFF



\$8.99 /EA

REG \$13.99



NOW
Peppermint
Essential Oil |
30ml

38% OFF



BOTANICA
Perfect Greens
Unflavoured | Berry |
216g

Energize with this blend of
microalgae, grasses, and
leafy greens.

40% OFF



ORGANIKA
Basic Electrolytes
Passionfruit | Lemon | Raspberry | 210g

Supports hydration, muscle function, and energy
production.

34% OFF



\$22.99 /EA

REG \$34.99



NATURAL FACTORS
**N-Acetyl-L-
Cysteine**
180c | 600mg

Supports lung tissue, and
repairs + thins mucus.

28% OFF



VEGA
Protein + Greens
Vanilla | Chocolate
590g

\$25.99 /EA

REG \$35.99

34% OFF



NATURAL FACTORS
**BioActive
Quercetin**
60c | 50mg

Reduces inflammation and
histamine overload.

\$18.99 /EA

REG \$28.99

34% OFF



NATURAL FACTORS
BioCgel
210c

Liposomal Vitamin C,
flavonoids, and berry
antioxidants.

\$24.99 /EA

REG \$37.99

44% OFF



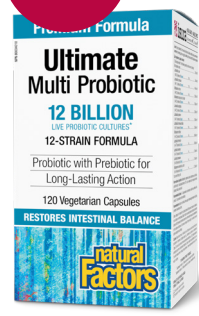
NATURAL FACTORS
Vitamin D 1000 IU
500c

For a healthy immune
system, brain health +
calcium absorption.

\$13.99 /EA

REG \$24.99

36% OFF



NATURAL FACTORS
**Ultimate Multi
Probiotic 12 Billion**
120c

Multi-strain probiotic for
broad spectrum gut health
support.

38% OFF



ONEKA
**Shampoo +
Conditioner**
All Varieties | 1L
Bulk also on sale

\$19.99 /EA

REG \$31.99

wellness



33% OFF

FROM BC

\$19.99 /EA

REG \$29.99

NATURAL FACTORS
Vitamin K + D
180c

Vitamin D increases calcium absorption + vitamin K delivers it to bones + teeth.



35% OFF

FROM BC

\$23.99 /EA

REG \$36.99

NATURAL FACTORS
Hi Potency B Complex
50mg | 210c

Supports energy production and proper brain + nerve function.



43% OFF

FROM BC

\$12.49 /EA

REG \$21.99

NATURAL FACTORS
B12 Methylcobalamin
1000mg | 210t

Boosts energy, supports brain function + red blood cell production.



34% OFF

FROM BC

\$18.99 /EA

REG \$28.99

NATURAL FACTORS
Gaba
100mg | 60 chew

Reduces the effects of acute mental anxiety.



37% OFF

FROM BC

\$16.49 /EA

REG \$25.99

NATURAL FACTORS
Mental Calmness
60 chew

Supports a sense of calm, mental focus, and relaxation.



36% OFF

FROM BC

\$17.99 /EA

REG \$27.99

NATURAL FACTORS
Tranquil Sleep
Tropical Fruit | 60 chew

Contains Sun-L-theanine, melatonin, and 5-HTP for sound + restful sleep.



37% OFF

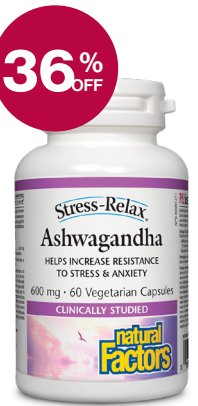
FROM BC

\$16.99 /EA

REG \$26.99

NATURAL FACTORS
Magnesium Citrate Powder
Berry + Tropical | 250g

Supports proper muscle function + relaxation.



36% OFF

FROM BC

\$17.99 /EA

REG \$27.99

NATURAL FACTORS
Ashwagandha

600mg | 60c Supports restful sleep, mental focus, and increased stamina.



37% OFF

FROM BC

\$11.99 /EA

REG \$18.99

NATURAL FACTORS
5-HTP Time Release
100mg | 60t

Enhances serotonin production for mood support.



40% OFF

FROM BC

\$8.99 /EA

REG \$14.99

NATURAL FACTORS
Melatonin
3mg | 210t

Reduces time it takes to fall asleep and improves sleep quality.



40% OFF

FROM BC

\$35.99 /EA

REG \$59.99

NATURAL FACTORS
Rx Omega-3
900mg | 150c

Source of omega 3-EFAs for cardiovascular, joint, and brain support.



34% OFF

FROM BC

NATURAL FACTORS
Theracurmin
30mg | 60c

Whole body anti-inflammatory support.

wellness

42% OFF



NATURAL FACTORS
Co Q10
100mg | 120c
Supports brain, heart,
cardiovascular health +
overall energy production.

\$21.49 /EA
REG \$36.99

36% OFF



NATURAL FACTORS
L-Glutamine
300g
Accelerates muscle energy
recovery + supports gut
lining healing.

\$17.99 /EA
REG \$27.99

36% OFF



ORGANIKA
Full Body Collagen Enhanced
500g
Enhanced with
L-Tryptophan, hyaluronic
acid, vitamin C, and zinc
for optimal joint, skin, and
muscle support.

36% OFF



NEW ROOTS HERBAL
Pure Magnesium Bisglycinate
130mg | 120c

\$24.99 /EA
REG \$38.99

This pure magnesium bisglycinate offers a 80-90% absorption rate while avoiding the potential laxative effect of other magnesium compounds.

Products with 200mg of magnesium per capsule are popular on the market but are comprised only of approximately 85mg magnesium bisglycinate and 115mg magnesium oxide, a form known for only 4-10% absorption.

Since unabsorbed magnesium remains in the bowel and draws water, products containing oxides are best suited for people who experience some form of constipation.

35% OFF



NEW ROOTS HERBAL
Ultra Iron
30mg | 90c
Comprehensive formula to
support iron absorption.

\$16.99 /EA
REG \$25.99

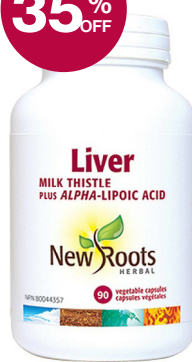
33% OFF



NEW ROOTS HERBAL
Ultra Zinc
30mg | 90c
Supports testosterone
production, boosts white
blood cell function, prevents
viral invasion.

\$13.99 /EA
REG \$20.99

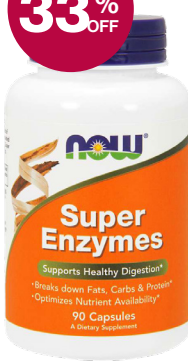
35% OFF



NEW ROOTS HERBAL
Liver
90c
Protects liver cells,
supports bile production +
detoxification.

\$36.99 /EA
REG \$56.99

33% OFF



NOW
Super Enzymes
90c
Formulated with bromelain,
ox bile, pancreatin, and
papain to optimize digestion.

\$19.99 /EA
REG \$29.99

41% OFF



RENEW LIFE
Extra Care Probiotic 50 Billion
30c
High potency blend for critical gut support.

\$26.99 /EA
REG \$45.99

35% OFF



ORGANIKA
Gelatinized Maca
400g
Supports hormone balance and increases stamina.

36% OFF



ORGANIKA
Creatine
500g
Enhances muscle strength and energy production,
improves cognitive performance.



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