



hot deals

SAVE BIG • JULY 30 - AUGUST 5



SALE
\$4.49
/LB
~~\$9.90/kg~~



25%
OFF

OKANAGAN
**Organic
Nectarines**



SALE
\$2.99
/LB
~~\$6.59/kg~~



25%
OFF

EDIBLE ACRES |
FRASER VALLEY
**Organic Nugget
Potatoes**
White Warba | Red | Yellow



SALE
\$13.86
/KG



25%
OFF

BRADNER
**Organic
Chicken Wings**
Frozen



30%
OFF

VINKER FOODS
**Plant Based
Korean Chick'n**
Crispy ~ Spicy | 255g-325g



SALE
\$6.99
/EA



20%
OFF

MEADOWVALE
Salted Butter
454g



SALE
\$4.99
/EA



38%
OFF

WILL'S
Hot Sauce | Mustard
All Varieties | 296ml



34%
OFF

NATURAL FACTORS
**Thercurmin 60mg
Double Strength**
60c



SALE
\$23.99
/EA



35%
OFF

NATURAL FACTORS
**Hi Potency B
Complex 50mg**
210c



SALE
\$21.99
/EA



41%
OFF

NATURAL FACTORS
CoQ10 100mg
120c

Kootenay
co-op

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